

A N N U A L N A R R A T I V E R E P O R T

December 1, 1949

to

November 30, 1950

by

Lucinda E. Hughes

County Home Demonstration Agent

Agricultural Extension Service

COCONINO COUNTY

ARIZONA

TABLE OF CONTENTS

ADULT WORK

	Page
PREFACE	1
HIGHLIGHTS	2
ORGANIZATION AND PLANNING	3
BI-COUNTY PROGRAM PLANNING	3
FAMILY-COMMUNITY PROGRAM PLANNING	6
GENERAL ORGANIZATION AND PLANNING	7
CLOTHING AND TEXTILES	9
MEASURING-PATTERN SELECTION AND ALTERATION	9
SEWING MACHINE CLINICS	10
HOUSE FURNISHINGS AND SURROUNDINGS	11
KITCHEN CENTERS AND STORAGE	11
GENERAL STORAGE	13
WOOD FINISHES	13
RURAL ELECTRIFICATION	13
NUTRITION	15
FOOD PRESERVATION AND STORAGE	15
Food Preservation School	15
Pressure Canner Clinics	15
Freezing	16
FOOD SELECTION AND PREPARATION	17
HEALTH AND SAFETY	21
CANCER	21
CHEST X-RAY	21
ELECTRIC WIRING	21
RECREATION AND COMMUNITY LIFE	22
EXTENSION INFORMATION	23

4-H WORK

A. COUNTY SITUATION	24
B. HIGHLIGHTS	25
C. ORGANIZATION AND PLANNING	26
D. ENROLLMENTS AND COMPLETIONS	27
E. LEADERSHIP OF 4-H WORK	28

TABLE OF CONTENTS (CON'T)

	Page
F. LOCAL 4-H PROGRAMS	29
G. 4-H ACTIVITIES	30
1. County	30
2. State	30
H. OUTLOOK	32
CALENDAR OF SUMMER PROJECTS (CINDER-HILL-BILLIES)	33
4-H CLUBS, NAMES, LOCATIONS, AND LEADERS	34
MAP - LOCATIONS OF COUNTY 4-H CLUBS	35
PICTURES	36

PREFACE

The following narrative report is a summary of this agent's activities in Coconino County for the year 1949-1950. A total of seventy-three days was spent in the county this year. Forty-three days were devoted to adult work and thirty days to 4-H club work.

I wish to take this opportunity to thank all National, State and County Extension workers who have given their most valuable time and assistance throughout the year.

HIGHLIGHTS

Fifteen Coconino County women attended the Annual Program Planning meeting held in Sedona this year. The recommendations were considered by the agent to be truly indicative of their needs. In addition these recommendations followed the same line of thinking as the 1949 and 1950 programs. This indicates that the women know what they are requesting as well as why they are requesting it. For example, in 1949 they studied "Eating for Health in Later Life and Weight Control". In 1950 they studied "Weight Control and Exercises to Harden those Flabby Muscles." In 1951 they have requested that they study "Lunches (box and home) in relation to the Basic Seven".

Doney Park in Coconino County served as one of the Arizona test communities for Family-Community Program Planning this year. This type of planning is satisfactory, but from the Home Demonstration Agent's view point it is a duplication of effort. However, ten years from now this may not be true. Theoretically Family-Community Program Planning should precede county wide program planning. If the time comes when this is practiced, it may prove to be time conserving instead of time consuming.

Three main Home Economics projects were partially covered this year. They were:

1. Kitchen arrangement
2. Storage and areas
2. Making of a cotton wash or house dress
3. Weight control and exercises

Each of these projects was well accepted and definite accomplishments were made.

ORGANIZATION AND PLANNING

Bi-County Program Planning

The Second Annual Bi-County (Yavapai and Coconino) Home Demonstration Program Planning meeting was held at Sedona, August 10, 1950. Fifteen Coconino County representatives of Homemakers' clubs, L.D.S. groups and women's clubs attended. This year the Gila County Homemakers did not participate in a Tri-County Program Planning meeting as was the case last year. It has been found by both the agent and the State Office to be impractical for one agent to spend the necessary time in three counties to carry a good program in each county. A large portion of the Gila County program is carried by the State Office; therefore, the Gila County women held a separate program planning meeting this year.

Several new techniques were initiated this year in our program planning.

1. A summary of last year's program requests and accomplishments was compiled and given to each woman attending. (Sample attached). This is undoubtedly not a new technique to Extension, but it is the first time it has been tried in these counties. The method which we used for the Coconino and Yavapai counties report is much more easily understood by the average homemaker than are some of the other types of progress reports which this agent has seen used.
2. Colored slides were shown of the different phases of the Home Demonstration Program in 1950. All of the women were vitally interested in these pictures. From them they received a "bird's-eye view" of the complete adult and 4-H program in their counties. Because these pictures were of local places and events, they acted as an incentive for each leader to have increased accomplishments in her own community. Requests came from all communities for the agent to show these same pictures at each local club meeting.
3. Discussion group chairmen were furnished with material on trends in their particular field. They were not given specific topics for selection as had been done previously. This type of discussion is much more difficult for the chairman to conduct and even for the women to participate in, but a review of our problems which were selected by the women shows that they can think for themselves. As time goes on we feel that both the chairmen and the homemakers will become more and more proficient in planning their county program. This type of discussion helps the women grow in leadership qualities.
4. The sifting committee meeting was held with chairmen of the discussion groups immediately following the general

1950

YAVAPAI & COCONINO
COUNTIES

HOME DEMONSTRATION
PLANNING CONFERENCE

PROGRAM FOR THE DAY

and

A report of the progress made during 1950 on
the recommendations for the Agricultural
Extension Service Home Demonstration Program

Sedona, Arizona
August 10, 1950

HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
August 10, 1950 - Sedona

9:45 A. M. REGISTRATION

10:15 A. M. General Assembly
Meeting called to order
Purpose of the day
Lucinda E. Hughes

10:20 A. M. The place of the trained leader
in the Home Demonstration Program
Jean Stewart
State Home Demonstration Leader

10:30 A. M. Agricultural Information and
Outlook
Wm. M. Brechan
Coconino County Agent

10:40 A. M. Report on the 1950 Country Life
Conference
Georgia Etter
Sedona Homemakers Club

10:50 A. M. Recess

11:00 A. M. Report on 1949-1950 Home Demonstra-
tion Program
Lucinda E. Hughes
(Pictures)

11:30 A. M. Division into Discussion groups
Chairmen:
Clothing - Imogene Pendergast
Nutrition - Irene Hatch
Home Management - Phyllis Manning
Health - Mary Aspaas
(1:30 P. M. Speaker, Mr. Ed Stanfil,
Coconino County Health Officer)

12:00 Noon LUNCHEON - Served by Ladies of Oak
Creek Community Church

12:30 P. M. The Northern Arizona Indians
Katharine Bartlett
Curator of Anthropology
Museum of Northern Arizona

1:30 P. M. Re-assemble into discussion groups

2:15 P. M. General Assembly
Reading of recommendations by
secretaries, discussion and
adoption of recommendations of

1. Clothing discussion group
2. Nutrition " "
3. Home Management " "
4. Health " "

3:00 P. M. HOMEWARD BOUND

PROGRAM PLANNING COMMITTEE RECOMMENDATIONS FOR 1950

AIMS

Recommended: To help people be aware of the part they play in making their community a wholesome and attractive place in which to live with adequate facilities for education, recreation, social and spiritual guidance.

Progress:

- a. (1) 4-H clubs organized and maintained in 12 communities throughout two counties - sponsored and/or lead by homemakers clubs and members. (2) Community recreation in all communities. (3) Planned teen-age recreation scheduled for November club meetings - to be done thru leader training.
- b. (1) Two meetings held in each community on kitchen planning and arrangements. (2) Tours planned for October at which time all homemakers will see the various suggestions and ideas put in actual practice.
- c. One library established and operated. Another community upon investigation realized that library facilities were available to them as well as to the school children. They are now using this facility. Three communities utilized the University of Arizona library kit.

PROJECTS

Recommended: 1. Home Management Group

- a. Field of better buying practices
 - (1) Guide to wise buying (Family Budgets)
- b. Field of Housing
 - (1) Kitchens - working surface, finish, height, size, etc. (Kitchen Planning)
- c. Field of home furnishing
 - (1) Furniture repair
 - (2) Lighting
 - (3) Windows
 - (4) Picture arrangement
 - (5) Rug making
- d. Field of family money - budgets

- Progress:
- a. (1) Buymanship of home freezers - 500 homemakers have attended 7 meetings - 4 meetings still to be held.
 - b. (1) Two meetings held in each community, one agent and one leader (2 Leader Training meetings held), slides of the USDA kitchen shown in all communities. Slides and talk given upon request for husbands and entire family (3). Blue prints available thru H.D.A. Tours of improved and remodeled kitchens planned for October.
 - c. (1) One newly organized club (10 members) has had 2 meetings on interior repair of furniture and upholstering. Each homemaker either repaired an over-stuffed chair or made a foot stool.

(2) All clubs had a half hour lecture and demonstration on adequate wiring and lighting given by Alice McKinney of the Northern Arizona Light and Power Company.

(3) No report

(4) No report

Recommended: 2. Clothing Group

- a. Home construction of clothing
 - (1) Fitting
 - (2) Making comfortable house dresses
- b. Study of the new textiles
- c. Maintenance of the health of the family thru selection of proper clothing.
 - (1) Selection of clothing for the individual of your family.
 - (2) Posture and its effect on how you look.
 - (3) Selection of colors that are becoming to the individual.

- Progress:
- a. (1) Three meetings held in each community, two agents and one leader. Subject: Measuring and pattern selection, pattern alteration, fitting.

(2) Sample house dresses in various sizes shown and tried on by club members. Advantages and characteristics of "house dresses" discussed.
 - b. No report
 - c. (1) Principles of comfortable house dresses only.

(2) No report

(3) No report

Recommended: 2. Nutrition group

- a. Home freezing
 - (1) Buymanship of boxes (sizes & types)
 - (2) Techniques
- b. More milk in your meals
 - (1) Basic recipes
- c. Safe and unsafe economy in food
- d. Eating for health in later life

Progress: a. Home freezing

- (1) Seven meetings held on freezing, 4 still to be held. Specific buying information given.
- (2) Safe and unsafe packaging materials discussed. Techniques of packaging were demonstrated.
- b. No report
- c. No report
- d. Two meetings held in each club in September and October, 1949. Follow-up meeting held in all clubs in January 1950. Reducing exercises were demonstrated and practiced and specific nutritional problems were discussed. Three women reduced, keeping dietary records.

Recommended: 4. Health Group

- a. What to do before the doctor comes
 - (1) First aid
- b. Teen-age recreation
- c. Sanitation laws
 - (1) Educate the community
- d. Care of the feet
- e. Study the health status of each county and/or community

Progress: a. (1) No report

- b. To be done by leader in November
- c. (1) One community had lecture and pictures from county agent on sanitary laws and clean-up campaigns.
- d. No report
- e. No report

meeting. This proved very successful because all members were present and reasons for all requests were still fresh in their minds.

The results of the second Bi-County Program Planning meeting were most gratifying and showed growth on the part of the delegate participants. Aims or goals recommended by the discussion group and accepted in the general meeting were:

1. To help people become aware of the part they can play in making their community a wholesome and attractive place in which to live with adequate facilities for education, recreation, social and spiritual guidance.
2. To help everyone become "label conscious" and use fair practice in buying.
3. Improved (better) buying practices.
4. To complete all projects started.

Recommendations of the various groups for project work and study in 1951 were:

1. Clothing Group

- a. Tailoring (consider cost of material)
- b. Styling of Dresses
 - (1) Re-styling of old clothes
 - (2) Alterations
- c. Study of new textiles
- d. Making of comfortable house dresses

2. Nutrition Group

- a. Home Freezing
- b. Basic Seven plan for better meal planning (continuation of 1949-50 study)
 - (1) Emphasize meals for children
 - (2) Lunch box lunches
 - (3) Low-cost meals
- c. High-Altitude cookery
- d. Meals that can wait
- e. Garnishes and buffet entertaining

3. Home Management Group

- a. Better buying (not budgeting as such)
 - (1) Combine all fields of homemaking
 - b. Kitchens (continuation of study)
 - c. Interior Decorations, etc.
 - (1) Upholstering
 - (2) Rug making
 - (3) Slip covers
- Additional recommendations made by health group:
- (4) Better lighting
 - (5) Hard water

4. Health Group

- a. Pest control (flies)
- b. Safety on the farm (4-H)
- c. Safe milk as a community program
- d. First aid
- e. Continued emphasis on recreation
- f. Safe water
- g. Getting the most out of what you have
- h. Community attitude towards tourists and newcomers

A review of the number and scope of the projects requested clearly reveals the need for prompt action on the part of the sifting committee. The sifting committee recommendations for the 1951 Home Demonstration program were:

1. Nutrition

- a. Study of the Basic Seven - relate this to lunches (home and box)
- b. Better buying practices as related to foods
- c. Standards for home canned, frozen and prepared foods
- d. Latest methods of freezing (1951)

2. Clothing

- a. Tailoring - adult clothes (suits and coats)
- b. Better buying of textiles

3. Home Management

- a. Better buying of household items (Probably detergents or soaps and water softeners)
- b. Kitchens - working surface heights, floor finishes, etc.

4. Health

- a. Recreation programs
- b. Fly control

A detailed study of the general assembly and sifting committee recommendations led the agent to suggest that some problems should be approached by methods other than demonstrations or talks at monthly club meetings. These recommendations were:

1. Pest control

Arrange community meetings with the County Agent, Home Demonstration Agent and Extension Entomologist.

2. Recreation

Aim to learn a new game or type of recreation at each club meeting.

3. Farm Safety

Encourage all 4-H club members to enter the 4-H safety activity.

4. Interior Decoration and Lighting

Encourage all older 4-H club girls to take a Home Management project. Emphasize lighting and interior decoration.

5. First Aid

Arrange with the County Health Unit to hold First Aid classes in your community.

A mimeographed report of the Bi-County Program Planning meeting was sent to each woman who attended the meeting and to all club presidents. This report served as a tentative schedule for the women to use in planning their individual club program plans. In some cases it is difficult for the club officers and members to realize that this tentative plan may have to be changed or rearranged, but everything considered, the agent feels that the tentative plan should be in the hands of each club very soon after the planning day.

Last year (1950) four subjects were partially covered by trained leaders who attended leader training meetings. This next year (1951) leaders will be trained for four months' work. This agent is still not particularly in favor of training leaders and having the leaders give the material back to the clubs. However, leader training seems to be the only way that one agent can "cover the ground." One of the biggest difficulties with leader meetings in the county seems to be the club members' reactions. There is a tendency for club members not to attend leader meetings as well as they do agent meetings. It is not that they do not like their elected leaders, but they sometimes feel that she does not or cannot give them all the information which they want. Therefore, they may or may not go to the meeting. The agent is in hopes that this attitude will change as time goes on.

Family-Community Program Planning

Over all (agricultural, home economic, and 4-H) community program planning was introduced in one community of Coconino County this year. This type of program planning was termed Family-Community Planning. Doney Park was the community selected as the test community. It is tentatively planned for this type of program planning to extend throughout Arizona. As Family-Community Program Planning develops in all communities of the county, community leaders will meet together and do county wide program planning.

The specific plan as outlined for pre-presentation of Family-Community Program Planning to the people was as follows:

1. That adequate newspaper publicity be given.
2. That circular letters be sent to everyone in the community.
3. That the agents publicize program planning at all other meetings in the community.
4. That home visits be made by the agents to explain program planning and start the people thinking about problems.
5. That both agents familiarize themselves with census statistics and all types of community background material available.

Specific plans for presenting program planning to the community were:

1. That a public meeting be held specifically for Extension Service Program Planning.
2. That the County Agent act as chairman of this meeting.
3. That the State or Assistant Director of the Extension Service present the general plan and purpose of program planning.
4. That the State Leader of Home Demonstration work present the women's responsibilities and place in Family-Community Program Planning.
5. That the Home Demonstration Agent present the Adult and 4-H Home Economic background information.
6. That the County Agent present the Adult and 4-H Agricultural background information.
7. That the people present and discuss (briefly) their specific problems.
8. That the people evaluate the importance of those problems presented in relationship to each other.

Forty-one farmers and ranchers attended this first Family-Community Program Planning Meeting. The primary Home Economic problems listed were:

1. The operation and buymanship of electrical equipment.
2. The use of the home freezer.

It is the opinion of this agent that Family-Community Program Planning may not be too satisfactory from the Home Economic point of view. There are several reasons for this:

1. Community Program Planning is a duplication to a large extent of the Bi-County Program Planning meeting held annually by this agent.
2. It is necessary for the county wide Home Demonstration program to be very similar if one agent is to cover all of the territory assigned her. If each community requests as much as one or two completely different Home Economic problems for the agent to assist them in solving, the first thing that we know there will be no uniform County Home Demonstration Program.
3. If any type of Extension Service Program Planning is to work, we must answer the problems presented to us.

Organization and Planning - General

At the present time the agent is actively working with and/or cooperating with three homemakers clubs, one L.D.S. group, the Parks Child Betterment Association, the Coconino Farm Bureau and the Coconino County Fair Commission. Through cooperating with all of these groups which are composed primarily of rural people the agent is reaching more and more rural people.

The agent in cooperating with the Coconino County Fair Commission has been able to inject more and more educational features into the fair. Score cards for household items, canned, baked, preserved and frozen goods are included in the fair book as well as being prominently displayed in the Home Economic Department of the fair.

The various affiliated clubs in the county (Homemakers, L.D.S., Farm Bureau, and P.T.A. or C.B.A.) have all responded to the youth needs of the county. Whenever it has been possible, they have actively sponsored 4-H club work in their own community. This sponsorship has taken the form of:

1. Supplying or finding a club leader.
2. Supplying funds for club activities.
3. Assisting the leader by letting her know that the entire club is back of her and willing to answer any requests for assistance.

This year, 1949-1950, only one representative from Coconino County attended Country Life Conference.

One new homemakers club was organized in the county this year, the Sunnyside Homemakers Club. Sunnyside is a growing community just east of Flagstaff. This community has many problems, chief of which is an inability to work together. This is probably because of the difference in the social and educational backgrounds of the people. Sunnyside is a low cost housing, unrestricted, unincorporated district. This Homemakers club has many obstacles to surmount. Such a club is a step in the right direction and should have a large membership, but because of personal prejudices among the members and non members this may never be achieved.

CLOTHING AND TEXTILES

Measuring - Pattern Selection and Alteration

The primary clothing problem selected for study this year was measuring, pattern alteration and making of a cotton wash or house dress. In cooperation with the clothing specialist the agent decided to put the emphasis on measuring, pattern selection, pattern alteration and fitting. Very little time was spent on actual construction or sewing techniques. Last year (1949) emphasis was given to construction techniques such as:

1. Selecting and straightening material
2. Placing the pattern on the material and cutting.
3. Methods of marking.
4. Placing of "stay lines".
5. Use of seam gauge and seam finishes.
6. Facings and bindings.
7. Putting in sleeves.

A repetition of these techniques did not seem to be and, in fact, did not prove to be necessary at this time (1950). The primary aims of the 1950 clothing problem were to teach each homemaker to:

1. Take and interpret accurate body measurements.
2. Select patterns for themselves and know the principles of a comfortable house dress.
3. Alter a pattern to individual measurements.
4. Interpret pattern markings and directions.
5. Fit a garment.

The secondary aims were:

1. To have each homemaker apply the above principles by making a simple cotton wash or house dress.
2. To prepare each homemaker for classes in tailoring which many have been requesting for 1951.

Ninety-five homemakers were assisted in one or all phases of the year's clothing project. Twenty-five women made cotton dresses from patterns which they selected and altered according to Extension recommendations.

At the first meeting on pattern selection and correct measuring the women divided into groups of two and took each others measurements. Every woman who attended this meeting or the Leader Training meetings and/or the Leader Meetings went home with a complete set of her own measurements. Several took extra cards for measuring various members of their family for whom they have to sew. At this first meeting the agent showed completed house dresses made according to the USDA approved house dress patterns.

Those women who wear house dresses rather than levis and shirts were much impressed with the cotton house dresses which the agent had available for them to look at. Many of the ladies tried

on these sample house dresses. Other members acted as critics. It was interesting throughout all of these meetings to note the reactions of the various clubs to different types of house dresses. With almost every group a different dress was the favorite. About one-third of those who saw the house dresses decided to make a typical house dress because it had all of the features which they wanted in a house dress.

1. It was neat in appearance.
2. It gave plenty of room to walk, climb, stoop and stretch.
3. It had no sleeves but "wings" covered their arms.
4. It was easy to make and laundry.
5. It had large pockets.

Undoubtedly the most difficult phase of this entire year's clothing project was pattern alteration. Those women who have had sewing problems because they or members of their families are not standard size (do not conform to pattern sizes) were anxious for the agent to give them special attention, which she did. We all know it is most difficult for an inexperienced person to successfully check and alter each phase of a pattern. The agent had any person whose pattern required more than the minimum of alterations make a muslin garment before she cut her good material.

The results of the countywide clothing and textiles problem this year were satisfactory. Where it was practicable the women wore their project dresses to the October kitchen tours. Colored slides were taken of several groups of women wearing their "project" dresses. The women were all happy with the way they fit and looked.

As will be noted in the program planning done this year these same women chose to do tailoring of adult suits or coats in 1951. The agent feels that these homemakers are now as qualified as possible for this more advanced clothing problem.

Sewing Machine Clinics

One sewing machine clinic was held in the county this year. Ten machines were brought to the clinic and were cleaned, oiled, and adjusted by the women under the supervision of the agent. One White Rotary machine seemed impossible to adjust. It would take a few stitches and then break the thread. The homemaker reported that it had been doing this for some time. Upon close examination we found that a minute piece was broken off the shuttle carrier. We were able to adjust the stitch, tension, etc. by using a borrowed shuttle carrier and a new part was ordered by the homemaker. This homemaker reports that her machine is now working satisfactorily.

HOUSE FURNISHINGS AND SURROUNDINGS

Kitchen Centers and Storage

Coconino County rural homemakers have become kitchen conscious this year. This is the result of any number of factors.

1. The spreading of electricity to many previously unserved more remote areas.
2. The introduction of butane and fuel oil for heating and cooking purposes. High labor costs have made both wood and coal prices soar. In addition wood and coal are in most cases much less pleasant to use.
3. The availability of large size superior pieces of kitchen equipment. Ranges, washers, driers, etc.
4. The purchase by many rural people of large size home freezers.
5. The need on the part of the homemaker to save as much time as possible in the performance of routine "drudgery type" homemaking activities. Today the American way of life assigns the homemaker many activities outside the home thus making it essential that she either find a better or more rapid method of doing routine chores or that she neglect some phase of her activities. Improved kitchens and kitchen equipment is one answer to this problem.

This year (1950) ninety-five Coconino County homemakers have attended one, two or three planned meetings on kitchen improvements. These meetings were divided into three phases.

1. Kitchen storage
2. Kitchen areas
3. Kitchen tours

Phase I, kitchen storage, was done through leader training. Four leaders from two communities attended the Leader Training meeting at Cottonwood and held two leader meetings in their own communities. Kitchen storage emphasized the use of:

1. Step shelves
2. Slotted pot, pan, dish, and utensile storage
3. Planned storage for large and odd shaped equipment
4. Accessable storage space
5. Under the sink storage

Phase II, kitchen areas, was conducted by the agent. At these meetings:

1. The colored slides of the USDA U-shaped kitchen were shown.
2. A kitchen travelogue was done by the women using a miniature kitchen. The agent set up a poor kitchen similar to many in the community and had one or two women make a cup of coffee. Septs

were measured. This same kitchen was then rearranged and the same women again made coffee. Steps were measured and compared with the distance walked in the first, poorly arranged kitchen. This always made an impressive display of what was meant by area arrangement.

3. A discussion of the placement of equipment was given. This discussion emphasized the placement of each piece of equipment with relation to other pieces of equipment, their relationship to each other.

Phase III, kitchen tours, was done in October with both the leaders and agent participating. To date only one kitchen tour has been taken in this county. The agent plans to do the remaining tours next spring.

The women were very impressed with the convenience of arrangement, amount of storage space, and the apparent roominess of the USDA U-shaped kitchen. These slides were shown seven times in Coconino County. Many requests were received for blue prints of the kitchen as a whole and for specific portions of the kitchen. The agent arranged and held one night meeting for the benefit of husbands and others interested in seeing this model kitchen. In most cases major changes in equipment in the home cannot be made unless both the husband and wife are "sold on the idea".

By the use of the kitchen travelogue the women were made very conscious of their specific kitchen arrangement problems. One of the biggest problems is that the majority of the kitchens are traffic lanes. The arrangement of these kitchens is such that everyone coming in from the outside has to go directly across the homemaker's work area. Another often mentioned problem was the kitchen table placement. Often there is no satisfactory place to put this table, and it is necessary to have the table for both a work and an eating center.

The women carefully noted the minimum and maximum number of feet and inches required for each work area. They were anxious to have adequate work space with a minimum of walking.

So far this year (1950) only one kitchen tour has been taken in Coconino County, and that one in Sedona. This kitchen tour proved the oft' repeated saying that if we can give homemakers a good, practical idea, they will take it, adapt it to their own situation and do something about it. Sedona is a fast growing community, and it was interesting to note that many of the Extension Service storage and work area recommendations have been incorporated in the new homes being built. Through the one kitchen tour and numerous home visits, the agent has noted many improvements in kitchen arrangements. Some of them are:

1. Slotted storage. The women used this in any number of ways. Several built upright dividers for pots and pans out of wood. Others bought the 5" wide rubber

covered dish drainers and used it for pot and pan as well as china dish storage. (Pictures were taken of these features).

2. Silverware storage. Storage drawers were divided in the appropriate width and length for each type of silverware i.e. length of knife, teaspoon, etc. (Pictures were taken of this feature).
3. Spice Storage. Cupboards and shelves were built at the nearest point of use. This was a step saving feature and in some cases these were arranged as a decorative kitchen feature also. (Pictures taken).
4. Under the sink arrangement. By the use of step shelves and hooks each item has its own spot and can be kept there. (Pictures taken).
5. Entire kitchen arrangement. Several new kitchens were constructed using many of our ideas and one was remodelled according to our ideas (Fredonia). (Pictures taken).
6. Storage of large odd shaped cooking equipment. Drawers and shelves were divided for large spoons, sifters, rolling pins, egg beaters, etc. so that each piece could be gotten without moving all of the other pieces of equipment.
7. Storage of jars (canning) etc. by use of step shelves. (Pictures were taken of these features also).
8. Storage of linen.

The agent feels that a large number of homemakers in Coconino County have benefited in any number of ways, both large and small from these studies on kitchen arrangements and storage.

Storage - General

Isolated requests for storage suggestions other than kitchen storage were received by the agent. One hundred 9 x 12 cupboard, shelf, toy, shoe, etc. blue print storage sheets were given out and discussed with individual homemakers.

Wood Finishes

Fifteen copies of the bulletin on wood finishing were given out through the office this year. All who have used this bulletin report satisfactory results. There is need for practical detailed bulletins of this sort.

Rural Electrification

The agent assisted the Doney Park area with their electrical problems. Through organization, a direct result of Extension Service effort, they were able to get the Northern Arizona Light and Power Company to service their community with electricity. Electricity has made many changes in the home and farm life of these people. Naturally many problems arose as a result of the availability of electricity.

Therefore, the agent in cooperation with the County Agent, Northern Arizona Light and Power Company, and the Flagstaff electrical appliance dealers held an "Electric Fair" in Doney Park. This was the first venture of its kind, and from everyone's viewpoint was a huge success. Dealers supplied electrical equipment of every kind and variety to make a huge exhibit. The Northern Arizona Light and Power Company Home Economist and the Home Demonstration Agent demonstrated the use of the electric sewing machines, electric washers and ironers, electric mixers, waffle irons, toasters and stoves. The points to look for in each piece of equipment were noted and emphasized. Films were shown on the automatic washer and dryer as well as on adequate and safe wiring. One hundred and fifty people attended this afternoon and evening meeting.

The agent also arranged for the Northern Arizona Light and Power Company's Home Service representative to visit each community and talk to the clubs about adequate safe wiring and lighting arrangements.

It is the opinion of this agent that the services of commercial concerns should be utilized when it can be done on a non-advertising basis. The cooperation of the Northern Arizona Light and Power Company has proven invaluable in Coconino County.

NUTRITION

Food Preservation and Storage

Food Preservation School

The three day Food Preservation School held by the Nutrition Specialist last May, 1950, at the University was very worthwhile. Important phases of every type of food preservation were illustrated, demonstrated and discussed. The phases which were most applicable in the agent's counties were:

1. Freezing
 - a. Latest and best types of packaging materials.
 - b. Special techniques for freezing.
 - c. Length of storage period.
 - d. Preparation of prepared foods for the freezer.
 - e. What can and cannot be satisfactorily frozen.
2. Canning and Preserving standards
 - a. Meat standards - In most cases the preferred jars of canned meats were dry pack with jellied broths, but this did not conform with the USDA meat canning specification which requires that the meat be covered with water leaving only a one inch head space.
 - b. Pickles - Why pickles become soft. The experience of this agent indicates that a great deal of time and money is wasted in the making of pickles and relishes. Fifty percent of the women are using wrong techniques. They ruin their entire pack by
 - (1) Too much salt at first.
 - (2) Lack of vinegar and sugar in the syrup.
 - (3) Poor quality cucumber at the beginning.
 - c. Jellies, jams and preserves - Different types of jellies, jams and preserves were made by the agents while at this school. One of the most interesting phases for this agent was the cellulose method of clearing fruit juices before making jellies. For instance very few rural homemakers would feel that they could waste the apple pulp when extracting the juice from apples for apple jelly. Using cellulose for clearing makes the apple pulp unusable.

Many other problems in food preservation were discussed, all of which were of assistance to the agent.

Pressure canner clinics

No pressure canner clinics as such were held in Coconino County this year. Plans were made last year for this to be done, but lack of interest on the part of the homemakers made this seem impractical. However, the agent announced via newspaper publicity that anyone wishing to have a pressure canner gauge tested could do

so by bringing the pressure canner lid to the County Agent's office. Five pressure canner gauges and pop offs were tested and adjusted this year. Two new gauges and one new pop off was recommended.

Freezing

The preservation of food through freezing is definitely the preferred method of storing foods for use during the winter months. Homemakers throughout the entire county decided this year that they could no longer get along without a freezer. There are no commercial locker plants in this county. Some homemakers have been using the plant at Cottonwood, but it is difficult as well as expensive for them to go back and forth to this plant. Naturally the war situation in the country as a whole has influenced people to buy freezers:

- (1) They felt that they should preserve every bit of food possible, that they should eliminate waste.
- (2) They did not know how long it would be before freezers would be "impossible to get".
- (3) They were afraid that gasoline and tires would be rationed.

Because of the increased interest in methods of home freezing the agent in cooperation with the Home Service Representative of the Northern Arizona Power Company planned freezing demonstrations which were given in July and August. Mimeographed material was prepared (copy attached) for reproduction; charts were prepared on enzyme action as well as freezer buying, operating costs, quality of foods to use, etc. Frozen foods were prepared and frozen for use in the twenty demonstrations planned in Coconino County. The foods prepared were:

1. Chicken a la King
2. Baked pie
3. Un-baked pie
4. Baked cake
5. Un-baked cake
6. Eggs
7. Baked rolls (fancy)
8. Un-baked rolls (fancy)
9. French fried potatoes
10. Frozen fruit salad

Two Freezing Meetings were held in Coconino County this year with a total attendance of one hundred seventy-five. Representatives from all communities around Flagstaff and Sedona were present. These two large meetings took the place of small community meetings. The Northern Arizona Light and Power Company arranged the place, sponsor, displays of equipment and furnished their Home Service Representative to assist with the meetings and preparation of the food. They also supplied foods needed for demonstration purposes. Our office sent notices to all rural homemakers on our complete mailing lists as did the Power Company. It is felt by both this

NOTES FROM FOOD FREEZING DEMONSTRATIONS

by

Lucinda E. Hughes, Home Demonstration Agent,
Yavapai and Coconino Counties, Agriculture
Extension Service, University of Arizona,

and

Alice McKinney, Home Service Advisor,
Northern Arizona Light & Power Company.

NORTHERN ARIZONA LIGHT & POWER COMPANY

HOME SERVICE DEPARTMENT

BUYING THAT FOOD FREEZER

1. What size will be most satisfactory for you?
 - a. If you also maintain a locker at the locker plant for your main storage, 3 cu. ft. per person should be ample.
 - b. For average use with only Food Freezer, figure 6 cu. ft. per person.
 - c. If most of the year's food supply is frozen with over-lapping storage times, 10 cu. ft. per person will not be too much.
2. Where will you place your freezer?
 - a. Cool, dry and well ventilated place with strong floor. It should not be located where temperatures will become lower than 40°.
3. Does the Freezer have these important features?
 - a. Provision for quick freezing.
 - b. Constant storage at 0°.
 - c. Good seal on door.
 - d. Adequate insulation.
 - e. Latch which is easy to fasten.
 - f. If chest type, a device for holding door open while removing food.
 - g. Warranty or guarantee with service quickly available.
4. Provide adequate wiring.
 - a. For best results, it should have its individual 20 A circuit.
 - b. Have box properly grounded.

Data by cooperation with the Agricultural Extension Service
of the University of Arizona

NORTHERN ARIZONA LIGHT & POWER COMPANY

HOME SERVICE DEPARTMENT

FOR SUCCESSFUL FROZEN FOOD:

1. Use quality products which are fresh.
2. Select variety of fruit or vegetables suitable for freezing.
3. Prepare by method best suited to the product and the use for which it is intended.
4. Make package air-tight, using moisture-vapor proof containers and wrappers.
5. Freeze promptly. Food must be frozen solid within 24 hours. Do not over-load your freezer with unfrozen foods. Usually no more than 1/10 the capacity of the box should be added at one time.
6. Store at an even temperature 0°F. or below.
7. Take proper care of food when removed from the freezer.
8. Prepare food according to directions.

Data by cooperation with the Agricultural Extension Service
of the University of Arizona

NORTHERN ARIZONA LIGHT & POWER COMPANY
HOME SERVICE DEPARTMENT

FREEZING BAKED PRODUCTS

Type of Baked Product	Condition When Frozen	Length of Storage Life	Method of Thawing	Approx. Time Required for Thawing	Approx. Time and Temperature required for Baking
		<u>Months</u>			
<u>Loaf Cake</u>	Unbaked	2 to 3	Room Temperature	60 min.	45 to 60 min.
	Baked	4 to 8	Room Temperature	40 to 60 min.	
	Baked	4 to 8	In 300°F. oven	-----	10 minutes
<u>Fruit Pie</u>	Unbaked	2 to 6	Bake without Thawing 450°F. for 15 min; then 375°F. for about 30 min. or 400°F. for about 1 hour		
	Baked	2 to 6	In 350 to 400°F. oven	-----	20 minutes.
<u>Baking Powder Biscuits</u>	Unbaked	1/2 to 1	Bake without Thawing 425°F. for 20 to 23 min.		
	Unbaked		Room Temperature	30 min.	12 to 15 min.
	Baked	3 or more	in 300°F. oven	-----	15 minutes
<u>Yeast Rolls</u>	Unbaked	1/2 to 2	Allow to thaw and rise in warm, moist atmosphere	2 hours	400°F. from 12 to 20 min.
	Baked	12 or more	Room temperature in original wrappings		
	Baked	12 or more	In 250° - 300°F. oven in original wrappings	in----	15 minutes

Data by cooperation with the Agricultural Extension
Service of the University of Arizona

NORTHERN ARIZONA LIGHT & POWER COMPANY

HOME SERVICE DEPARTMENT

Approximate Storage Life of Frozen Foods

if adequately wrapped and stored at 0°F.

Fruits and Vegetables	12 months
Beef	6 - 12 months
Veal	6 - 9 months
Lamb	6 - 9 months
Pork	3 - 6 months
Sausage	1 - 3 months
Ham	4 months
Liver, heart and tongue	6 months
Fish	3 - 6 months
Poultry	6 - 12 months
Eggs	6 - 12 months
Butter	3 - 6 months
Cream	6 - 12 months
Soft Cheeses	3 - 6 months
Ice cream	3 - 4 months

Data by cooperation with the Agricultural Extension
Service of the University of Arizona.

NORTHERN ARIZONA LIGHT & POWER COMPANY
HOME SERVICE DEPARTMENT

LAST MINUTE HINTS

Rolls - Double amount of yeast for dough which is to be frozen (yeast tends to lose some of its strength in freezing.)

Unbaked Frozen Pie - Do not cut design in top until ready to bake pie (crust acts as protective covering for fruits and prevents discoloration.)

Frozen Waffles may be placed in pop-up-toaster with setting at "Dark" and pop out fresh and tasty as the original.

Cream Sauces - Add 1/2 teaspoon gelatine per 2 cups liquid or cook flour and butter exceptionally well or make extra heavy white sauce to keep sauce from separating during freezing (store 3 - 4 months).

Eggs - Freeze yolks and whites separately or mixed together. Yolks must be slightly broken with either 1 teaspoon sugar, corn syrup or salt added per cup of yolks. Add 1 teaspoon of either of the above per 2 cups of whole eggs. Whites may be frozen without any of the above.

You can freeze 40% cream, but it should be pasteurized.

Sodium Bisulfide Dip for Apples: 1 1/2 teaspoons per 1 gallon cold water. Leave apples in dip for 2 minutes, drain and pack either plain or sugared in freezing cartons.

Onion Flavor when stored becomes less noticeable; celery flavor becomes more pronounced.

Steaks, Chops and Cut-up Poultry - may be frozen so each piece may be removed individually and easily by placing double-thickness of cellophane or locker paper between each piece.

The longer beef is aged, the sooner it must be used out of 0° storage. Aging is unnecessary and undesirable if beef is to be held over 6 months.

When storing cured ham slices, trim off fat and wrap in best wrapping material available.

Pork fat becomes rancid faster than beef or mutton; therefore, do not plan to store pork longer than 6 months.

Be sure to label and date each package of food.

Data by cooperation with the Agricultural Extension

Service of the University of Arizona

agent and the Power Company representatives that these meetings were very worthwhile and that everyone in the vicinity with the slightest interest in the use of their home freezer attended these meetings. Over 50% of the people attending these meetings were rural people and members of either a Homemakers club or other organization with which the Extension Service works.

These meetings were two hours long with individual questions after each meeting. The women of Flagstaff vicinity had many questions to ask. Most of them have not had much previous freezing experience since there is no locker plant closer than Cottonwood. It has only been since they have had their own lockers (primarily during the last year) that they have had any opportunity to freeze foods.

As a general rule the women preferred the unbaked, frozen, and then baked cake and pie. The cooked and frozen chicken a la King, rolls, fruit salad, and fried potatoes were very well accepted. The dealers as well as the homemakers were eager to learn and understand which type of packaging materials were best and why. Several people admitted that they had not liked their frozen meats after the first two months and were glad to know that no aging and a different type of wrapping material would eliminate their difficulties. It is almost unbelievable the number of people who have been wrapping even hamburger in waxed "butcher" paper. Some of them had even been using regular household waxed paper.

The agent in cooperation with the County Agent and Soil Conservation Service held a community meeting at Fredonia this year. The use of the home freezer was discussed by the Home Demonstration Agent. Emphasis was given:

1. Preferred types of packaging materials
2. Length of storage
3. Storage temperatures
4. Enzyme and bacterial action at 0°
5. Preparation of meats, fruits, and vegetables for packaging.

The men as well as the women evidenced a great deal of interest in the use of their home freezer.

Food Selection and Preparation

The nutrition project of 1949 "Eating for health in later life" and "Weight Control" is influencing the homemakers throughout Coconino County to a much greater extent than the agent believed possible. This year (1950) we did follow up work on the nutrition meeting of 1949 and had requests at the Planning meeting for the 1951 program for "More of the Basic Seven". To the agent this indicates:

- (1) A sincere desire on the part of the homemaker to feed her family as adequately as possible.
- (2) That the entire family is accepting the improved nutrition practices.

The short time check on the 1949-50 nutrition program was taken in January. Only one woman carried the dieting demonstration to completion by losing eighteen pounds in a two month period. The diet recommended by the agent in cooperation with the specialist had the following principles:

1. Must include adequate amounts of each of the basic 7 food groups.
2. The caloric intake must meet individual needs.
 - a. Excess if one is under weight.
 - b. Less than required if one is over weight.
 - c. By adding or subtracting 500 calories a day from the individual's normal requirement it is possible to gain or loose weight at the rate of one pound per week.
3. Concentrates of minerals and vitamins should be taken only upon a doctor's order.

Mrs. Clyde Etter of Sedona was the homemaker in Coconino County who followed through with her diet. She has continued to keep her weight down and has lost ten pounds more, making a total of twenty-eight pounds in all that she has lost in a year's time. A one week sample of her diet follows:

DAILY RECORD OF FOODS EATEN

Breakfast

Orange juice	1/2 cup
Cereal-whole wheat	1 cup
Milk (skimmed)	1 cup
Sugar	1 tsp.
Black Coffee	1 cup

Dinner

Creamed chicken	1/2 cup
Wholewheat toast	1 slice
Frozen mixed veg.	1/2 cup
Salad	1 cup
Black coffee	

Supper

Rye Krisp	4
Apple sauce	1/2 cup
Grapes (fresh)	1 bunch
Milk (skimmed)	1 glass

Total calories 1045

Breakfast

Tomato juice	1/2 cup
Toast	1 slice
Egg poached	1 small
Butter	1 tsp.

Dinner

Ham, lean	1 slice
Mixed vegetable	1/2 cup
Squash	1/2 cup
Apple pie	sm. piece
Cheese	sm. piece

Supper

Toast	1 slice
Milk (skimmed)	1 glass
Roast pork (lean)	1 sm. slice
Veg. salad	1 small

Total calories 1120

Breakfast

Tomato juice 1/2 cup
 Oatmeal 1 cup
 Milk (Skimmed) 1/2 cup
 Coffee cake (Un-Iced) 1 sm. piece

Dinner

Roast beef 1 sm. piece
 Potato, plain 1 small
 Spinach 3/4 cup
 Salad (egg-beet-lettuce) 1/2 cup
 Vegetable soup 1 cup
 Toast 1 slice

Supper

Soup 1 cup
 Cold beef 1 slice
 Tomato 1 slice
 Milk (Skimmed) 1 cup

Total calories 1280

Breakfast

Grapefruit juice 1/2 cup
 Cereal-wholewheat 1 1/4 cup
 Milk (skimmed) 1 cup
 Sugar 1 1/2 tsp.
 Coffee (black)

Dinner

Spaghetti & meat balls 1 1/4 cups
 Swiss chard 1 cup
 Peas 1/4 cups
 Baked custard 5/8 cup

Supper

Poached egg 1
 Toast 1 slice
 Milk (skimmed) 1 glass

Total calories 1020

Breakfast

Grapefruit juice 1/2 cup
 Egg 1 small
 Bread-wholewheat 1 slice

Dinner

Vegetable soup 1 cup
 Fish Small
 String beans 1 cup
 Fried potato (very little fat) 1/2 cup
 Tomato 2 slices
 Cup custard (baked) 5/8 cup

Supper

Pinto beans 1/2 cup
 Spinach 1/2 cup
 Milk (skimmed) 1 cup

Total calorie 1145

Breakfast

Grapefruit juice 1/2 cup
 Toast (buttered lightly) 1 slice
 Poached egg 1

Dinner

Pinto beans 1/3 cup
 Roast beef 1 slice
 Potato-baked 1 small
 Salad - vegetable 1/2 cup
 Milk (skimmed) 1 glass

Supper

Ham and potatoes 1 sm. slice
 Scallop 1/4 cup potato
 Broccoli 3/4 cup
 Salad (egg-beet-lettuce tomato) no dressing 1 cup
 Milk (skimmed) 1 cup

Total calories 1000

Breakfast

Grapefruit juice	1/2 cup
Dry cereal	1 1/4 cups
Milk (skimmed)	1 cup
Sugar	1 tsp.

Dinner

Cottage cheese	1/4 cup
Tomatoes	1 slice
Wholewheat toast	1/2 slice
Apple sauce	1/2 cup
Butter	1 cube

Supper

Liver	1 sm. slice
Baked potato	1
Squash (summer)	1/2 cup
Salad vegetable	1/2 cup
Peaches (canned)	1/3 cup
Milk (skimmed)	1 cup

Total calories 1090

As a follow up on the nutrition project the agent illustrated, demonstrated and led the homemakers in appropriate exercises to harden or strengthen "those flabby muscles". (Sample attached). Much to the agent's surprise all of the women participated in the exercises; although several did comment that they didn't come to meetings dressed for the part. The agent particularly stressed to all of the homemakers that they must not over exercise at first, that they must gradually increase the number of times which they did each exercise.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Yavapai County Cooperating

Prescott

Agricultural Extension
Service
Home Demonstration Work
County Agent Work

SIMPLE EXERCISES FOR MUSCLE TONE AND POSTURE

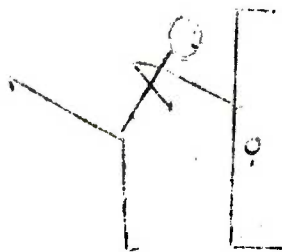
Exercise is important after reducing because it helps to strengthen flabby muscles and give them tone.

Any setting up exercises are good. Housework and gardening, properly done, are excellent.

Begin with a smaller number of exercises and increase them gradually. See the little figures and follow them in their exercise.



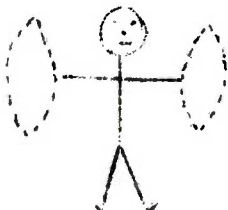
Bend sideways, to right and left, alternately, as far as possible at least 15 times each.



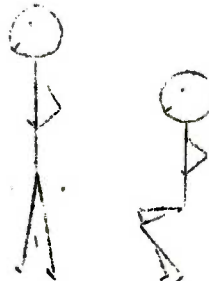
Hand on door or wall, swing each leg back and forth at least 15 times. To the side 15 times.



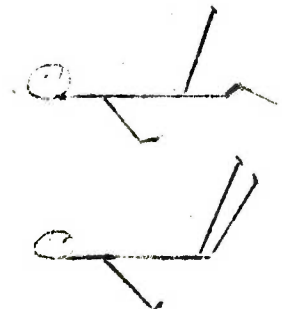
Step on chair with each foot at least 10 times. This is good for calf and thigh muscles.



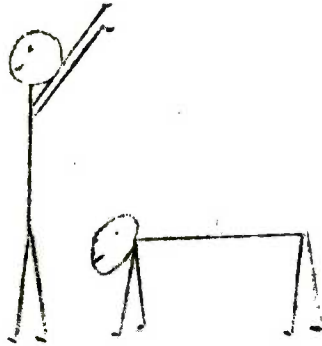
Arms outstretched, palms up, describe as large a circle as possible. Do slowly and stretch 15 times.



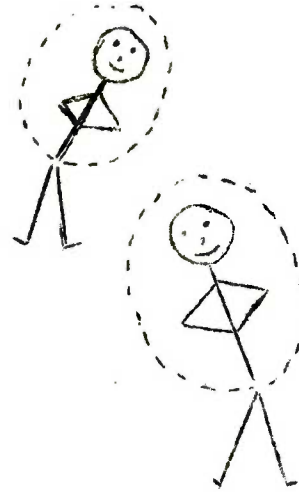
Knee-bending exercise, at least 15 times.



Lie flat on back, Raise one leg at a time, then both legs. Strengthens muscles of abdomen.



Bend and touch floor with fingers, without bending knees, at least 15 times.



Revolve body from hips from right to left 10 times, and left to right same.

Now for some special routines for posture:

1. POSTURE: Stand, feet apart, heels six inches from wall. Relax body forward from hips. Slowly nail spine up against wall till each vertebra touches and stays against wall. Roll up until spine is fully extended. Press shoulders back and down.
2. POSTURE: Stand, hands clasped behind head, elbows out and up. Pull stomach in, tuck hips under, press head back into hands. Hold. Relax, and repeat.
3. POSTURE, SEATED: Whenever you sit in a straight chair, press small of back against the chair back. Lift head, pull buttocks together under you.

HEALTH AND SAFETY

Cancer

Each community in Coconino County had women representatives attend the State Cancer Clinic in Phoenix in 1950. These women attended as representatives of Homemakers clubs, women's clubs and P. T. A. groups. Reports and talks were given by these representatives to all women's groups in the community. By knowing the signs and symptoms of cancer it is possible to detect cancer in the early stages when treatments have a chance to be effective.

Chest X-Ray

The chest x-ray mobile unit visited each community this year and homemakers clubs have made it a part of their program for each member and her family to have an x-ray.

Flies

During the year (1950) flies have been exceedingly bad in some areas of Coconino County. The women have recognized this as a health factor and requested that community meetings be held next spring with the County Agent and State Extension Entomologist so that a satisfactory method of fly control can be worked out.

Electric wiring

The agent arranged for the Home Service representative from the Northern Arizona Light and Power Company to talk to all homemakers groups on adequate wiring and lights. Poor wiring is an accident hazzard and poor lighting is a health factor. The Power Company's Home Service representative emphasized these facts in her talks. It was interesting to the agent to note the number of women who "dashed" home and checked their fuse boxes. Many women found that wires which should have only a 15 volt fuse to protect them had 30 volt fuses.

RECREATION AND COMMUNITY LIFE

The agent attended the three day Recreation Training School held in Phoenix last December. This Training School given by Miss Jane Farwell prepared the agent for an improved recreation program in Coconino County. This November (1950) two teenage recreation leader training meetings were held in Coconino County. Ten adult recreation project leaders attended these two meetings. It is interesting to note the enthusiasm which these adults put into what too many of us think of as only children's games and songs. In the County Home Demonstration plan of work we originally planned to do "Problems in Teen-age Recreation", but several of the communities requested that we do only "teen-age recreation" and not discuss the problems involved. The leaders from each club conducted meetings in November at which time each directed their group in the new games which the agent taught them. All clubs plan to follow through with the recreation program by learning a new game each month in 1951.

EXTENSION INFORMATION

The agent took 100 colored slides of Extension activities both adult and 4-H this year. These slides were used at the Annual Country Life and Program Planning meeting to give a bird's-eye view of the Yavapai and Coconino County Home Demonstration program. These colored slides were also shown to all 4-H clubs and Homemakers clubs in the county to let each community see what the county as a whole was accomplishing. The 4-H pictures are especially helpful at organization and re-organization meetings. When the members see what some of the other clubs are doing it inspires them to do better and to participate in more activities.

Colored slides were taken of the:

1. Weight control project (before and after).
2. Kitchen improvement projects.
3. Cotton dress completed project.

The agent originally planned to include some black and white reproductions of these slides in her annual report. However, the cost of reproduction did not seem to be justified for such a purpose.

A. COUNTY SITUATION - 4-H

COMMUNITY	RURAL YOUTH of 4-H age	OTHER YOUTH GROUPS	RECREATIONAL FACILITIES	POTENTIAL LEADERSHIP	TYPE OF AGRICULTURE	COMMUNITY CENTERS
Sedona	30	One mixed 4-H Club	Hiking Fishing Swimming Skating	No adult except those now acting. Junior leadership good	General	Two churches One grade school
Parks	25	One mixed 4-H Club	Public School Playground	None, except those now acting	General	One grade school Community building
Sunnyside	250	Scouts and Camp Fire Girls One girls 4-H club	Use Flagstaff	Questionable	None	No school, four small churches No recreation center
Doney and Blackbill Park	50	One mixed 4-H Club	Library	Good leadership now, Junior leadership good	General	One library, one community building No school or church
Fredonia	45	One mixed 4-H Club	Library	Good	General	One school, high and grade; one LDS church, one library
Williams	200	All urban youth organizations	Adequate	None	General	Adequate
Grand Canyon	35	Boy and Girl Scouts. Camp Fire Girls	Adequate	None	None	One grade school, two churches, one library, one hos- pital, one com- munity building

B. HIGHLIGHTS

The statistical summary for 4-H club work in Coconino County is as follows:

- 4 mixed 4-H clubs
- 1 girls 4-H club
- 12 adult leaders
- 3 junior leaders
- 3 leader training meetings (Home Economic)
- 63 club members
- 100 projects
- 5 achievement days
- 1 county fair, all 4-H clubs participating
- 2 girls, 3 boys, 1 leader attended Roundup
- 4 girls, 2 boys to camp
- 3 leaders, 2 junior leaders to Leadership School

The 4-H club work in Coconino County is good considering the sparsely settled conditions that exist in this county. There are only five 4-H clubs, but this represents all areas where club work could be organized. The community and parent support of most clubs is good and this helps the youth to maintain interest in their work. Projects of members have a wide variation.

Two girls and three boys attended the 4-H Roundup in Tucson this summer. The boys won a first and second on their demonstrations, and the girls won a first and second on their demonstrations. One girl also won second in the dress review.

C. ORGANIZATION AND PLANNING

Most all the 4-H clubs in this county are organized by the community and leaders in that area. The leaders call at the Extension Office for record books and other materials. If some of the leaders are in doubt about problems in their club, they come to the Extension Office and discuss them with the agents. It is the policy of the Home Demonstration Agent and the County Agent to meet with the clubs shortly after they organize and explain fully the rules and regulations of club work in Arizona. Throughout the club year the agents attend some of the meetings to keep check on their projects.

Boys 4-H club work was started this year in Fredonia. The agents met with the group and explained club work to them and their parents. Mr. Don Wagner agreed to act as their leader. The boys completion record was very poor; however, most boys did practice club work. Their leader lost his oldest son in a terrible accident on the Colorado River just a week before record books were due. This was the cause of a poor completion.

In most communities where there is 4-H club work there is at least one adult organization such as a Homemakers Club or Farm Bureau. These organizations help the clubs in their planning, and also help members with their projects.

D. ENROLLMENTS AND COMPLETIONS

By Clubs

Community	<u>Enrollments</u>		<u>Completions</u>	
	Boys	Girls	Boys	Girls
Doney Park	9	7	9	5
Sunnyside	0	10	0	8
Sedona	7	11	4	7
Parks	9	11	7	9
Fredonia	18	19	1	13
TOTALS	43	58	21	42

By Projects

Projects	<u>Enrollments</u>		<u>Completions</u>	
	Boys	Girls	Boys	Girls
Clothing		49		28
Food Preparation	7	27	5	19
Food Preservation		1		1
Home Furnishing		5		2
Camping	4		4	
Beef	6	1	5	1
Dairy	1		1	
Garden	10	5	8	6
Home Beautification	5	5	5	3
Poultry	11		4	
Rabbits	7		2	
Swine	7	1	3	1
Junior Leadership	2	2	1	2
TOTALS	60	96	38	63

E. LEADERSHIP OF 4-H CLUB WORK

Leaders in Coconino County haven't been too much of a problem during the past three years. There is indication that there may be some trouble in securing additional good leaders if we need them. At present there are four men, nine women and three junior leaders in this county. One man and two women of this group are not parent leaders. Of the remaining six, two men and four women are parent leaders. There are three junior leaders, one boy and two girls. Most of our leaders have one or two years of leadership credit. Clyde Etter just completed his sixth year of leadership. Most of the leaders volunteer for club work, but in some cases the agents have to recruit leaders by visiting adults that might be interested.

Three 4-H Home Economics Leader Training meetings were held this year. One in clothing, one in foods, and one in teen-age recreation. No general Leader Training meetings were held for our county leaders. Three of the adult leaders and two junior leaders attended the Leadership School held at Camp Geronimo near Payson, Arizona.

The agents met with individual leaders several times during the year and assisted with specific project problems and general 4-H club work. Most of the leaders helped their clubs plan a program and very little direct assistance was given them by the agents. The junior leaders were helped considerably by the agents this year. Junior leaders assisted first year club members with their records, projects and demonstrations. Junior leaders also assisted the adult leaders in planning and carrying out the year's club work.

F. LOCAL 4-H PROGRAMS

There were five achievement days this year for the five 4-H clubs. All achievement programs were very well attended by the parents and others in the communities. All club members exhibited their project work. These articles were judged by the Extension Agents before the program started. The clubs held a regular club meeting at each achievement program. These were very well planned and conducted. The president asked the agents at each program to award the pins and certificates. The meetings were then adjourned by the presidents.

Only one club, the Doney Park 4-H club, outlines a complete year's program of work at one time. The other clubs usually plan one to three meetings in advance. The meetings are held at least once a month, and most clubs hold two meetings a month. There is always some type of recreation at each meeting and also some type of demonstration. Different club members are appointed to be responsible for recreation and demonstrations for each meeting. The club members enjoy their meetings and in many cases the agents have noticed club members doing things on their own that were presented to them at club meetings. Parents also say that their children bring home many helpful things from club meetings.

G. 4-H ACTIVITIES

1. County

On August 3, 1950, the Coconino County 4-H clubs held their annual 4-H picnic at Indian Gardens in Oak Creek Canyon. Clubs from Fredonia, Parks, Sunnyside, Doney Park and Sedona were represented. This was 100% representation. The early afternoon was spent swimming, fishing and roller skating. At six o'clock a pot luck supper was served. Each club brought food for their own club and then put it all together. Many parents and visitors attended the picnic. After the meal, each club gave some type of skit. Mrs. Ellen Kightlinger, Assistant State 4-H Leader, gave a short talk to the group on the importance of project completion in 4-H club work. The president and secretary-treasurer of the Flagstaff Kiwanis were present and expressed their desire to assist club work in this county. The program was concluded at eight o'clock with the singing of 4-H songs.

The 4-H clubs of Coconino County participated in the County Fair this year. Each club was asked to set up an educational booth representing their club achievements for the year. They were also given the opportunity to have a concession booth. All clubs except the Fredonia club were represented. Doney Park's Cinder Hill-Billies 4-H Club was again awarded first place for their booth. Second place went to Oak Creek's Sew and Sow 4-H Club. Third prize was awarded to Sunnyside's Hearty 4-H Club.

Four girls and two boys, all from the Parks 4-H club, attended the 4-H Club Summer Camp south of Prescott. The group brought back to their club many helpful recreation suggestions. The club has learned all of these new games and square dances to very good advantage.

2. State

Mr. and Mrs. Clyde Etter, Oak Creek club leaders; Miss Jean Oleson, Oak Creek junior leader; Mrs. Phyllis Manning, Doney Park club leader; and Charlie Ray Glaspie, Doney Park junior leader; attended the State 4-H Leader Conference at Camp Geronimo this year. They all enjoyed the school and brought back many useful suggestions on how to better serve their club as club leaders.

Three boys, Charlie Ray Glaspie, Bob Beck and Gean Slayton, and two girls, Jean Oleson and Marjorie Jones, attended State 4-H Roundup at Tucson in June. Mrs. Phyllis Manning, Doney Park club leader, also attended. This is the first time boys from Coconino County have attended 4-H Roundup. The three boys gave two demonstrations, one on poultry culling and one on camping. The poultry demonstration won first place while the camping took second. Marjorie Jones won first place on her food preparation demonstration. Jean Oleson won second place on her clothing demonstration and also won a red ribbon in the dress review. The members brought back their experiences to their clubs and more interest was created in club work for the year.

The Flagstaff Kiwanis Club paid the expenses for the two girls at Roundup this year, and will pay expenses for two girls each year. The decisions of the clubs and the County Agent will determine who will receive the trips each year.

H. OUTLOOK AND RECOMMENDATIONS

Club work in Coconino County can be considered satisfactory. Clubs are organized in all communities where club work is possible. The past year has seen the organization of boys club work in Fredonia. All clubs have sufficient leaders, and the majority are good leaders. There are some who have to become better acquainted with Arizona club work. The clubs all participate in the County Fair and in whatever else they are asked to by this office. Parent support is good in all clubs, and community support is satisfactory. It is the opinion of these agents that club work will never be a great deal larger than it is today because of the sparseness of the rural populations, but we should always have above average club work. Each of the past three years has seen some improvement in club work. Next year we should have a state winner.

The main recommendation these agents have for club work in this county is to impress upon the leaders, members, and parents the importance of project completion. It is not good for any child to get into the habit of failing. The clubs seem capable of running their own club program and ask for help only when it is needed. It is the policy of these agents not to interfere with their work as long as it is satisfactory.

CINDER-HILL-BILLIES 4-H CLUB
Calendar for the Summer Projects -- 1950

Date	Time	Kind of Meeting	What to bring
May 6	7 p.m.	Business Meeting	Project books
May 20	4:30 p.m.	Hike at Sunset Crater	Sandwich, candy bar and water canteen
June 3	7 p.m.	Business Meeting	Project books
June 17	4:30 p.m.	Scavenger Hunt (Meet at Mannings)	To be announced
July 1	7 p.m.	Business Meeting	Project books
July 22 and 23		4-H Camp - Oak Creek	To be announced
Aug. 5	7 p.m.	Business Meeting	Project books
Aug. 19	10:30 a.m.	Hike to Lookout on Mt. Elden	To be announced
Sept. 2	7 p.m.	Business Meeting- Make Achievement Plans	Project books
Sept. 16	5 p.m.	Achievement Day	Potluck Supper will be served

All meetings will be held at the Community Building unless otherwise designated.

All evening meetings will be adjourned and dismissed not later than nine o'clock. (Business meetings)

All parents are requested to attend whenever possible, at either business or recreation meetings, and take an active part.

(Phyllis A. Manning)

PAM

Phyllis A. Manning, Leader

4-H CLUBS, NAMES, LOCATIONS, AND LEADERS

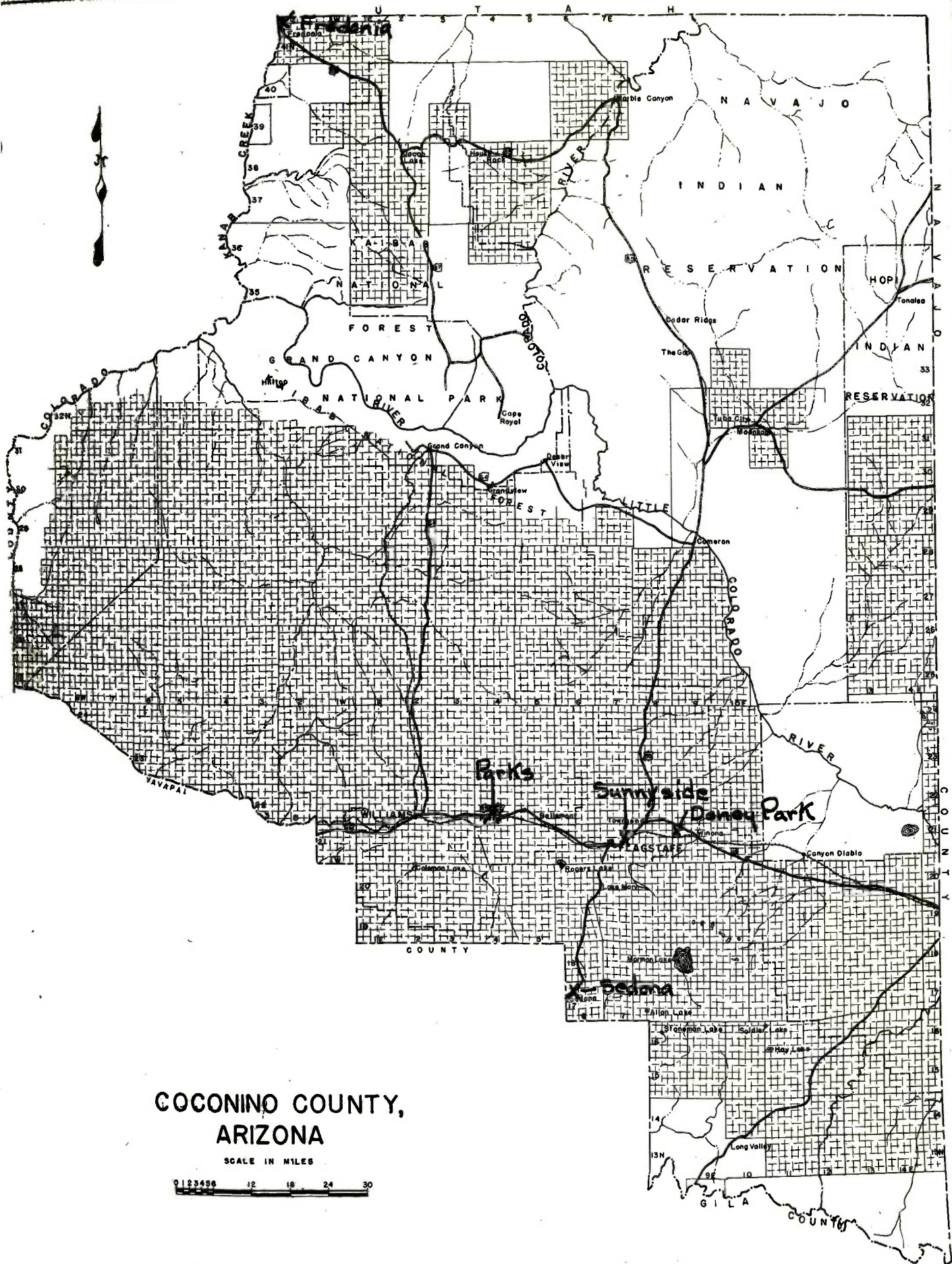
Go Getters 4-H Club - Fredonia
Mr. Don Wagner
Mrs. Vonda McKinney

Sew and Sow 4-H Club - Sedona
Mr. Clyde M. Etter
Mrs. Georgia Etter

Maverick 4-H Club - Parks
Mr. Bob Brill
Mrs. Dora Kersey

Hearty 4-H Club - Sunnyside
Mrs. J. E. Gill

Cinder-Hill-Billies 4-H Club - Doney Park
Mrs. Phyllis A. Manning
Mr. Fred J. Manning





Sedona 4-H County Fair Booth

ANNUAL NARRATIVE REPORT

OF

MRS. LOIS E. HARRISON
HOME DEMONSTRATION AGENT

From December 1, 1949 to December 1, 1950

T A B L E O F C O N T E N T S

	<u>Pages</u>
I. TABLE OF CONTENTS	
II. SUMMARY ADULT	
A. Narrative	2 - 4
B. Statistics	
Graham one-county unit	5
B.-1 Two-county unit	6
III. PROJECT ACTIVITIES AND RESULTS: ADULT	
A. EXTENSION ORGANIZATION AND PLANNING	
1. Extension Schools and Conferences	7 - 11
2. County Homemakers' Council	14, 15
3. County Homemakers' Project Program	24 - 28
4. Publicity	48 - 53
B. HOUSE AND FURNISHINGS	59 - 62
C. NUTRITION	72
D. FOOD PRESERVATION AND STORAGE	73, 74
E. FOOD SELECTION AND PREPARATION	79, 80
F. HEALTH AND SAFETY	83, 84
G. FAMILY ECONOMICS AND HOME MANAGEMENT	91, 93
H. CLOTHING AND TEXTILES	96, 98
I. RECREATION AND COMMUNITY LIFE	114, -117
IV. OUTLOOK - ADULT	
V. 4-H CLUB WORK, Composite Report	120
Home Demonstration Agent	
County Agricultural Agent	

Lois E. Harrison
Graham County
1950

II. Summary of Activities and Accomplishments

A. Narrative

General County Information

In order to better understand the people and problems of homemaking in Graham County one needs to know something of its background and present situation. It lies in southeast Arizona, in a land of high mountains, stretching deserts and small, fertile valleys. The Apache Indian reservation covers much of its northern country. Settled by the Mormons, it is still predominately populated by members of the Latter Day Saints Church. Four races, white, red, brown, and black work together. Whites, Indians, Mexican and Negroes are found in any town. A few of the yellow race own and operate restaurants in the larger towns. Agriculture, cattle raising, and mining are the three important industries. Cotton is the main farm crop. Irrigation systems for the watering of crops thread through all farming areas. Water from the Gila River and wells turns desert land into green fields and pastures.

Nine of the twelve communities in the county are fairly close together, being within a radius of thirty miles -- all in the naturally fertile valley through which the Gila River runs. The other three communities are from 60 to 80 miles distant from the county seat in Gila Valley. One community lies close to the Cochise County line. The ranch families who live there tend to use a Cochise County town as their outlet.

Entirely rural in its atmosphere, Graham County has one main trading center - the town of Safford. This town is the county seat and houses the office of Extension Service. U. S. Highway #70, a main east-west route, passes through the county.

The county agricultural agent serves Graham County only. The home demonstration agent has her headquarters office in Safford, but serves both Graham and Greenlee Counties.

Program Information

The group homemaking teaching of Extension Service in Graham County is devised to accommodate both homemaker clubs, organized through the home demonstration agent, and Relief Societies organized through the L.D.S. Church. The foremost aim of Relief Societies is to teach women to be good homemakers. Therefore, the two groups work closely and amiably. In some communities there are few enough women so that one organization serves for all women. Since, by church regulations, there must be a Relief Society in each church ward, that organization takes precedence.

Lois E. Harrison
Graham County
1950

Graham County homemakers use Extension Service teaching more each year. This fact is shown by figures in the statistical report, the broadening of the program each year, and the volume of office and field work done by the home demonstration agent. The lay leadership system for project teaching is being used successfully. It is gratifying to note that only occasionally do leader training schools fail to represent all affiliated clubs and organizations. In the two-county unit the home demonstration agent handles or supervises the studies of 23 women's groups and from 14 to 20 4-H girls' clubs. In addition, there are usually three or four special interest schools during a year's time. Women realize that they must rely on the leader system of teaching if they are to participate in all projects.

Extension Service for women and girls has been active in eleven of the twelve communities. In ten there has been planned Extension Service group work. Project studies have been conducted through homemaker clubs, church organizations and special interest groups. Homemaker club enrollment is 80, affiliated church groups 400.

Homemaking information has been taught by means of demonstrations, home visits, letters, newspaper articles, radio programs, bulletins and office conferences. Instruction is given by demonstration whenever possible. A program summary of the year's work may be found at the close of the section "County Homemakers' Project Program". In addition to the above formal program, assistance has been given by the agent on all phases of homemaking through office and telephone calls.

The following State Extension Service personnel have been in the county to advise and assist the home demonstration agents:

Mr. Howard R. Baker	Assistant State Director
Miss Jean M. Stewart	State Home Demonstration Leader
Miss Grace Ryan	Home Management Specialist
Miss Helen L. Church	Clothing Specialist
Miss Reva Lincoln	Nutrition Specialist
Mr. Kenneth L. McKee	State 4-H Leader
Mrs. Ellen Kightlinger	Assistant State 4-H Leader
Mr. Joe McClelland	Information Specialist
Mr. A. B. Ballantyne	Rural Sociologist

The following professional persons of the county have assisted in their respective fields -- physicians, nurses, teachers, veterinarians, and the health sanitarian. Schools, churches, and organizations have been cooperative in aiding Extension Service.

Lois E. Harrison
Graham County
1950

The County Homemakers' Council has taken more responsibility, both in county project work and in handling the physical arrangements for meetings. Because the women themselves, through the council, are planners of the county program, they realize to a greater degree that it is truly their program.

Because Graham is one of a two-county unit in home demonstration work, the agent divides time and teaching proportionately between the two. Much of the organization and planning, however, for both counties is done through the one headquarters office. Separate annual reports are written by the home demonstration agent.

A combined annual report of boys' and girls' 4-H club work for the year was prepared by the county agricultural agent and the home demonstration agent. It is submitted at the end of this adult report under the same cover.

Lois E. Harrison
Graham County
1950

II. Summary of Activities and Accomplishments

B. Statistics for 1 of a two-county unit

Months in service	12
Days in Graham County	210-3/4
Days in field	68-1/2
Days in office	142-1/4
Days spent with adults	144-1/2
Days spent with 4-H	66-1/4
Home visits	215
Different homes visited	139
Office calls	780
Telephone calls	841
Bulletins distributed	2,437
News articles published	67
Radio programs	28
Mailing list	850
Homemaker Clubs	4
Enrollment	80
Affiliated Clubs	10
Enrollment	400
Leaders in adult work	68
4-H Girls' Clubs	13
Enrollment	112
Leaders in Girls' 4-H work	23
Leader Training Meetings - Adult and 4-H	13
Attendance	265
H.D.A. Demonstrations - adult and 4-H	87
Attendance	2,325
Meetings handled by leaders - adult and 4-H	269
Attendance	3,958
Miles traveled in own car, in county	4,554
Miles traveled in own car, out of county (but not in other county of 2-county unit)	986

Lois E. Harrison
Graham County
1950

II. Summary of Activities and Accomplishments

B-1. Statistics for the two-county unit

Months in service	12
Days in county-unit	280
Days in field	123-1/2
Days in office	156-1/2
Days spent with adults	191-3/4
Days spent with 4-H	88-1/4
Home visits	344
Different homes visited	234
Office calls	1,045
Telephone calls	924
Bulletins distributed	4,044
News articles published	130
Radio programs	28
Mailing list	1,170
Homemaker clubs	9
Enrollment	190
Affiliated clubs	14
Enrollment	560
Leaders in adult work	132
4-H girls' clubs	17
Enrollment	148
Leaders in 4-H work	30
Leader training meetings - adult and 4-H	25
Attendance	433
H.D.A. demonstrations - adult and 4-H	149
Attendance	4,984
Meetings handled by leaders - adult and 4-H	414
Attendance	5,874
Miles traveled in own car	10,968

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

Extension Organization and Planning

1. Extension Schools and Conferences

Annual

Conference

The theme of the 1949 Annual Conference of the State Extension staff of Arizona seemed to be based on bringing members up-to-date professionally and personally. Topics presented by outside speakers tended to broaden the outlook and thinking of individuals. "Scientific Progress and the Pursuit of Happiness", "Some Aspects of Present American Foreign Policy" and "Where Are We in the Scheme of Things?" are titles of talks which bear out this statement. New trends in Extension teaching were emphasized by "Use of Visual Aids", "The Step Saving U Kitchen" and "Eat and Stay Young".

The agent would have appreciated having the New Mexico Associate Director elaborate more fully on his state's system of family and community planning and follow-through. This way of meeting rural problems is no doubt a step toward better living. Even among the scattered, rural population of Arizona, such community cooperation may become effective.

Conference time given to men and women separately was most worthwhile. Each group was able to discuss problems more to its own needs than had been the case in previous staff sessions. The agent adapted information gained from talks made by the home management specialist and the nutritionist in talk-demonstrations she made later in her own counties. A most effective use of "chatter" groups was demonstrated in a session of women workers. The agent has employed this technique in homemaker club meetings, council, and 4-H club meetings.

Rural Recreation School

A three-day school of recreation was held in Safford early in December 1949. Miss Jane Farwell of the National Recreation Service taught games and folk dances suitable for small or large rural gatherings. Sponsored by the state 4-H club department, this school was attended by 4-H club adult and junior leaders and county Extension Service staff members of Graham, Greenlee, and Cochise counties. Ninety-five persons enrolled for the training. Miss Farwell was quick to ascertain just what types of games would be most useful to the groups represented. It has become the custom for each 4-H club to enjoy at least one game and one song at each

Lois E. Harrison
Graham County
1950

meeting. The agent arranged that recreation leaders of homemakers' clubs should also have printed copies of the suggested games. Results of the school have been evident through the year in both 4-H and adult groups. Homemakers' clubs have been urged to add spirit to their meetings by singing and playing games at each meeting.

State
4-H
Committee
Meeting

The home demonstration agent is a member of the state 4-H policies committee, and met with this committee for a two-day session early in March. At a dinner meeting of the committee held during the 1949 Annual Conference plans and regulations had been made for the 1950 4-H Round-up. In addition to a review of the Round-up program, the March meeting established the following:

Schedule of 4-H events for the summer of 1950
Recommendations in regard to the State 4-H
committee membership
Program for 2nd annual 4-H leaders' conference
Plans for summer camps
Requirements changes for three agricultural
projects

The agent thinks that the decision made to hold two sectional state camps for juniors and seniors combined was wise. She later served as one camp advisor and realizes that there is much to be gained by both younger and older club members camping together. It was most agreeable with this agent that the recommendations for state 4-H committee membership should reflect to a greater degree county situations. She appreciated being able to assist in formulating eligibility requirements for adult and junior leaders who attend the leaders' school. Certainly adult leaders who attend should plan to continue leading clubs during the following year. Only bona fide junior leaders should be eligible. Having been an instructor in the 1949 leaders' school, this home demonstration agent realized the necessity for rules of attendance.

Country
Life
Conference

Six county ladies and the home demonstration agent attended the three-day Country Life Conference held at the State University in April for all rural women. Homemakers' clubs and affiliated organizations were represented among the county's delegation. Four communities of the county were represented.

Three Graham County homemakers demonstrated a lesson on "Lighting and Appropriate Lamps" as a sample of what they

Lois E. Harrison
Graham County
1950

considered a most worthwhile project of the year. One Aravaipa club member told the story of the club's community service project -- supporting a completely outfitted first aid and medical kit which is housed in the home of a nurse. Because Aravaipa-Klondyke is an isolated community, this medical service is invaluable. The report made thrilled the women's editor of the "Arizona Farmer" magazine, and she later made a trip into Aravaipa in order to write the club's story for state-wide publication.

The president of the Graham County Council was featured on a radio program which described the events of the Conference. These particular values of the conference program were brought out: the theme centering about family living, the interest of mothers about the cost of sending children to the University, the development and growth of children, ranch life as depicted by a true-blue ranch mother, and 4-H club work.

Classes in which each woman might study for two days were popular. Most enthusiasm was voiced over "Applied Design in the Home" and "The Emotional Growth of the Child". An International Pageant and tea presented by Pima County ladies as hostesses was the highlight of social life at the conference. This pageant was adapted from the one given at the meeting of the "Associated Country Women of the World" held in Colorado Springs in 1949.

Food
Preservation
School

A Food Preservation School was held in Tucson in May by the Extension Nutritionist. This three-day session brought agents up-to-date on methods of canning and freezing. Emphasis was put on freezing, since so many homemakers are now using their own freezer cabinets. Taste tests were made of foods frozen by varying directions and under different freezing conditions. Newest equipment and supplies were displayed. Judging was done of canned fruits, vegetables, meats, jellies, jams and preserves. This latter teaching was an effort to better prepare home demonstration agents for county fair judging, as well as for direct work with homemakers. Later this agent distributed mimeographed definitions of all foods preserved by jelly-making methods. In-service training of this kind keeps agents abreast with what is new in the various fields of home-making.

Lois E. Harrison
Graham County
1950

State 4-H Round-up All towns of Graham County which had 4-H girls' clubs during the year were represented in the group of 15 girls, two adult leaders, and the agent who attended the State 4-H Round-up in early June. Leaders served most faithfully in taking care of their own girls and others during the Round-up. Nine girls' teams entered contests, and every girl received at least one ribbon.

Going to Round-up is a real privilege among local 4-H-ers. Girls win their chances to attend through community and county elimination contests. The agent urges each club to earn some money which may be used to send its members to the state event - thus adding to the incentive for good competition and fair play.

The home demonstration agent was in charge of Food Preservation Judging Contests. She assisted also with the Food Demonstrations. All the county delegation, including boys and girls, took part in a radio program on their immediate return to Safford.

State 4-H Round-up is a yearly event that puts a great deal of zest into local club work. It is an event which offers stimulation and real citizenship.

Sectional State 4-H Camp Four girls, two boys, and the home demonstration agent attended 4-H camp on Mt. Lemmon. Attendance was limited to some extent by the fact that transportation cost was high. A commercial bus had to be hired to carry Graham and Green-Lee County campers. It is hoped that some school bus may be used in future years.

The four Graham county girls were happy to be in the winning cabin stunt at camp. Three of the four used the same stunt as part of their club's achievement day program. Two boys took part in the Candlelighting Ceremony. All who attended were able to participate in a radio program after their return. The girls have given talks at 4-H achievement programs, telling of camp life.

This was the first time that this agent has participated in a camp session. She was very favorably impressed with the behavior of camp youth, camp arrangements and facilities. She served as camp girls' advisor, instructor for "As Others See You", and kitchen police organizer. "As Others See You" taught posture, grooming and manners for youth. Demonstrations and movies were used, along with class-room instruction. 4-H Camp was an inspiring week with boys and girls.

Lois E. Harrison
Graham County
1950

New
H.D.A.
Orientation

A new home demonstration agent was in the county for three weeks in March for the purpose of learning the work of Extension Service with women and 4-H-er's. Within that period she observed or participated in the following: workshop and LTM for "Clothing Accessories" project; National 4-H Week Observance, and special radio program; county council executive committee planning meeting; three homemaker club meetings handled by the home demonstration agent or trained lay leaders; one 4-H club party and two 4-H club project meetings; one radio program prepared with the clothing specialist; workshop and classes of the lamp shade-making school. She worked with the agent in keeping all records up-to-date as the month progressed: meetings attended, homes visited, time spent, travel made, and expense record. She attended with the county agricultural agent one demonstration on home beautification. The many phases of home demonstration work to which the new home demonstration agent was introduced surely provided her with a working background for her new assignment.

The home demonstration agent of another Arizona county spent three days with this agent in June for the purpose of observing particularly how 4-H work is handled. Emphasis during these days was put on 4-H club work, leader and club member home visits, office procedure in connection with club work.

Two women interested in entering Extension Service as home demonstration agents were sent to interview and observe with this agent. Each spent a day in the territory. Office time was given to discussion of home demonstration work in general, one or two home visits were made with each prospect. One of these women has since become assistant agent in a New Mexico county.

Lois E. Harrison
Graham County
1950

State
Staff
Assistance

Miss Jean Stewart, state home demonstration leader,
visited in the county as follows:

January	1 day	for	homemakers' club officers' training
February	2 days	for	observing the lamp shade-making special interest school, with the home management specialist
March	1 day	for	Assisting in orientation of a new home demonstration agent
April	1 day	for	attending County Council meeting to speak on "Learning by Doing"
August	1 day	for	attending a meeting of the County Council Executive Committee for the planning of long-term county goals

Leader training and special interest schools were held in
the county by state staff members and/or the home demonstra-
tion agent as follows:

Ellen Kightlinger and H.D.A.	Recreation school (3 meetings)	Dec.
Jean Stewart and H.D.A.	Homemaker club officers' training	Jan.
H.D.A.	4-H club foods leaders' training	Jan.
H.D.A.	Furniture recovering school (3 meetings)	Dec. & Jan.
Grace Ryan and H.D.A.	Lighting LTM	Feb.
H.D.A.	Lamp shade making school (3 meetings)	Feb. & Mar.
Grace Ryan and H.D.A.	Lamp shade making school (3 meetings)	Feb. & Mar.

Lois E. Harrison
Graham County
1950

Helen Church and H.D.A.	Clothing Accessories LTM	Mar.
H.D.A.	Sewing Machine Cleaning (4 meetings)	Apr.
Reva Lincoln and H.D.A.	Family Meals LTM	May
H.D.A.	Furniture recovering school	May
Reva Lincoln and H.D.A.	4-H foods leaders' training	May
Helen Church and H.D.A.	4-H clothing leaders' training	May
Ellen Kightlinger and H.D.A.	4-H club officers' training	June
H.D.A.	Pressure cooker testing (6 meetings)	June
Helen Church and H.D.A.	Use of sewing machine attach- ments LTM	Sept.
A. B. Ballantyne and H.D.A.	Home Beautification	Sept.
Grace Ryan and H.D.A.	Drapery Making LTM	Oct.
Miss Marshall and H.D.A.	Teen Age Styles	Nov.
H.D.A.	Designs for Yourself LTM	Nov.

All the above training schools were held according to the year's Plan of Work made in advance. Certain adjustments were made as any project or time of year required.

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

Extension Organization and Planning

2. County Homemakers' Council

Activity The County Homemakers' Council continues to aid Extension Service in planning and executing its program more effectively each year. The Council executive board has carried out its duties admirably. Through the council homemaking interests are brought into the open, study projects set up, special interest schools planned for, county-wide meetings arranged. The agent met with the officers at least once for the planning of each formal county meeting.

It was through the president of the council that requests for the program of Country Life Conference were handled. Local council officers and representatives voted at a session of the Country Life Conference on the establishing of a state council. The vote carried against such an organization.

Meetings The spring meeting of the council was held in the form of a pot luck dinner in Aravaipa Canyon. Thirty-three were in attendance, representing all homemaker clubs in the county and several Relief Societies. The letter and program following this report section show the context of the meeting. Business handled included a vote to have each homemakers' club contribute one dollar this year to a council treasury. Such money will be used for correspondence and other general needs of handling council business. It was also voted that a meeting of all club presidents be held previous to the fall program planning council meeting. The purpose of this executive meeting should be to set up long-term goals of the homemaking program in the county. Full details of the spring council meeting will be found in the Minutes which follow this report section.

Presidents of homemaker clubs met in accordance with a council vote to outline the direction in which homemaking studies should bring teaching. In the light of these long-term goals the selection of any one year's program of projects may be made. The ladies demonstrated very clear and cooperative thinking when considering the objectives of better homemaking. The slogan "more homemaking and less housekeeping" was kept in mind. A copy of the goals thus set up follows this report section.

Lois E. Harrison
Graham County
1950

It has been the custom in the county to pass the hostess-ship of council meetings about the county. Following this pattern, the fall program planning meeting was held in Ft. Thomas. A change in the handling of next year's program selection was made after a conference with the Acting State Leader. Instead of using a program sifting committee to meet after the general session, recommendations of the meeting were voted upon by the entire group at the time. All project requests turned in by participating groups in the county were carefully considered, accepted for the 1951 program or referred for future study. These choices were made according to the long-term program goals. Matters of business to be attended by clubs were presented. The county agricultural agent and the state rural sociologist were presented. The county agricultural agent and the rural sociologist emphasized the county-wide need for general yard clean-up both for safety and morale of family members. Full details of the fall council meeting will be found in the program and minutes which follow this report section.

Cooperation It is gratifying to the agent that the Council is taking on its own shoulders matters of county interest and study through Extension Service. Its eyes are open to better homemaking through mental, moral, physical, and spiritual studies as presented through the common, ordinary fields of Extension teaching — nutrition, clothing, house and home, health.

Four homemaker clubs, ten L.D.S. Relief Societies are active in the Homemakers' Council. During the year council officers visited groups other than their own to learn others' problems and ways. This visiting will be done again in the coming year.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona	State of Arizona	Agricultural Extension Service
College of Agriculture	Safford, Arizona	Home Demonstration Work
U. S. Dept. of Agriculture	March 21, 1950	County Agent Work
and Graham County Cooperating		

Dear Homemaker:

You, the executive officers and all members of your Homemakers' Club or Relief Society are invited to the spring meeting of the Graham County Homemakers' Council.

The special feature will be the recorded speech of Miss Amy Kelly, former State Home Demonstration Leader of Missouri. Miss Kelly made this speech at Country Life Conference last year. Her personality and vivid presentation challenged all women at the conference as it will you at the council meeting.

The Aravaipa Homemakers' Club will be hostess. A pot luck picnic luncheon will be served. The meat dish and beverage will be provided. Will you as a guest, please bring salad or dessert, and your individual table service. Please let your president know that you plan to attend, so that she may turn in the number for Klondyke ladies to plan for. Will each president please report to me the number expected to attend.

Cars going from the Gila Valley should take the road west marked Ft. Grant which leaves the highway about halfway between Pima and Ft. Thomas. They will be met at the crossroad marked Klondyke and Aravaipa by Claude McNair who will escort them to the picnic spot in the canyon. Drivers should plan to be at the Crossroad by 11:00 A.M. One hour and a half is ample driving time from Safford to the crossroad. Cars of the county agent and the home demonstration agent will leave the courthouse in Safford at 9:30 that morning. All who wish may join the tour there or along the highway.

If you've not known the thrill of a picnic in Aravaipa canyon -- here's a fine chance. Be sure your organization is represented at the County Council meeting. Transportation can be arranged for some. Do call the county office if you have room in your car for passengers or need transportation for yourself.

COUNTY COUNCIL OFFICERS:

Mrs. Thelma Hart, President
Mrs. Charlotte Weathersby, Vice President
Mrs. Lois Cope, Secretary

Sincerely yours,

Lois E. Harrison
Lois E. Harrison
Home Demonstration Agent

LEH/lg

GRAHAM COUNTY HOMEMAKERS' COUNCIL

PROGRAM OF THE MEETING

Aravaipa Canyon
Thursday, April 6, 1950

11:00	Assembly at the Klondyke and Aravaipa crossroad	
11:30	Get acquainted social	
12:00	Pot Luck Picnic Luncheon	
1:00	Call to order	Mrs. Thelma Hart, President
	Minutes	Mrs. Charlotte Weathersby, Vice President
	Business	
1:15	County Outlook	Mr. S. L. Owens, County Agent
1:30	Club Highlights	Eden, community Sponsorship Safford, Special Interest Possibilities Ft. Thomas, County Fair Participation Klondyke, Club Finances
2:00	"Rural Women Move Forward" - Miss Amy Kelly	
2:45	Associated Country Women of the World - Mrs. Moroni Larson	
3:00	Learning by Doing	Miss Jean M. Stewart, State Home Demonstration Leader
3:15	Progress Reports	Mrs. Lois E. Harrison, Home Demonstration Agent

HOMEMACKERS' COUNCIL OFFICERS:

Mrs. Thelma Hart, President
Mrs. Charlotte Weathersby, Vice President
Mrs. Lois Cope, Secretary

c o p y

GRAHAM COUNTY HOMEMAKERS' COUNCIL
Meeting Minutes
April 6, 1950

The spring meeting of the Graham County Homemakers' Council convened on April 6, 1950 in Aravaipa Canyon. The Aravaipa Homemakers' club acted as hostess for the picnic meeting. Thirty-three persons were in attendance from the four homemakers' clubs. Some ladies represented Relief Societies as well as homemakers' clubs. Cars were met at the Aravaipa crossroad by Claude McNair who led the tour from there to the picnic grounds. After a bountiful pot-luck dinner the afternoon was devoted to the business and program session.

The meeting was called to order at 1:15 P.M. by the council president, Mrs. Thelma Hart. Mrs. Eleanor Claridge, president of the Aravaipa club, read the Homemakers' Creed. A summary of the 1949 fall meeting was given by Mrs. Hart.

Two matters of business were attended. After an explanation of certain needs of the council executive committee for funds to handle correspondence or other business, Mrs. Florence Bembow made the motion that each club contribute \$1.00 this year to the council, such money to be paid to the president by May 1st. The motion was seconded by Mrs. Ruth Davis. A vote carried the motion. The home demonstration agent introduced and explained the proposition that the council is in a period of growth now, therein it might set up long term goals for Graham County Extension Service work with homemakers. A motion was made by Mrs. Exa Simms that a meeting of all homemaker club presidents be held previous to the fall program planning council meeting. At this executive meeting, 3 to 5 year goals will be set up. Future, yearly programs of project work will then be made by the general council in the light of the county goals. The motion was seconded by Mrs. Florence Bembow. A vote carried the motion.

Mr. S. L. Owens, county agent talked on "County Outlook". He referred to the Arizona Clinics which are being held about the state, and pointed out that discussions of such nature among Extension cooperators would aid in the planning and their club organizations and leadership system, and declared it would be well if the men and women would get together for discussing and helping to solve rural problems. He considered such a group in each community as a "County Outlook".

"Club Highlights" or reports of club-community activities were given as follows: Mrs. Lue McEuen, Eden 4-H club sponsorship; Mrs. Ruth Davis, Safford 4-H club participation and leadership service; Mrs. Vada Shiflet, Ft. Thomas Club county fair participation; Mrs. Charlotte Weathersby, Klondyke-Aravaipa Club fund raising for community service (first aid kit). Mrs. Anna Burrell talked on county fair participation and women's entries. She urged each club to have county fair committees to see that the community could be represented in the fair.

A portion of the recorded speech "Rural Women Move Forward" made by Miss Amy Kelly at the 1949 Country Life Conference was given. She stated that ---- we as farm women must know some of the underlying principles of economics in the business of farming.

Mrs. Moroni Larson reported on her impressions gained at the conference of the "Associated Country Women of the World" which she attended in Colorado Springs last October. She stressed that the "Home is the Fountainhead of all Democracy". One thing that impressed her was that many states defray the expenses of women of foreign countries who live in the United States for a time to study and learn of our Extension clubs and work so that they may go back to their own countries to set up a similar system.

Miss Jean M. Stewart, state home demonstration leader, spoke on the subject of "Learning by Doing". She pointed out that education comes from schooling and experience. Through education comes knowledge, skill and changed attitude. Miss Stewart explained to the women that Extension Service asks two things - 1 - that women teach others what they learn through Extension Service and 2 - that they report back to the Service how they and others have used the knowledge gained. She stated that the Extension program is an effort to share information useful to better home living.

Mrs. Lois Harrison, home demonstration agent, presented Certificates of Achievement to two homemakers' clubs - the Aravaipa club and the Ft. Thomas club. She then gave a program progress report, telling what project requests had been made for 1950 and how they had been incorporated into the year's program. It was brought out that requests rejected for the present year might be reinstated for the coming year. She explained how any one year's program might be best planned according to the county's long term goals for better homemaking.

The president announced the tentative date of the fall council meeting as September 28th.

The meeting was adjourned at 3:40 P.M.

Respectfully submitted.

Mrs. Lois Cope, Secretary.

GOALS OF GRAHAM COUNTY HOME DEMONSTRATION PROGRAM

1950

1. Arousing family interest in problems of home making
2. By home practices showing improved family well-being, as measured by increased happiness, health, and sense of responsibility.
3. Giving people opportunity for growth by sharing responsibilities and privileges in the home and community
4. Develop homemaking skills in the fields of

Food

Clothing

Houseing

Home Furnishing

Management of Time, Money, Energy

Health

Recreation

and an appreciation of Art, Literature, Music,
Religion, and Citizenship

GRAHAM COUNTY HOMEMAKERS' COUNCIL

Safford, Arizona
September 16, 1950

Dear Homemakers:

As President of your Homemakers' Club or Church Organization, you are invited to the fall meeting of the Graham County Homemakers' Council. Please extend this invitation to all members of your organization.

It is the responsibility of the Council at this meeting to set up a County Program of Work for 1951 for all clubs and organizations which use the Extension Service training program. The election of officers is another duty of this meeting.

PROGRAM OF THE MEETING

Fort Thomas Methodist Church
Saturday, September 23, 1950

10:30 A. M.	Registration	In charge of Ft. Thomas Homemaker Club
10:45 A. M.	Business meeting	Mrs. Thelma Hart, President
11:00 A. M.	"Looking at One County Problem"	Mr. S. L. Owens, County Agent
	"What to do about this County Problem"	Mr. A. B. Ballantyne, Rural Sociologist
11:30 A. M.	1951 Program Requests presented to Chairman	
12:15 P. M.	Luncheon served by Ft. Thomas WSCS - \$1.00 per plate	
1:00 P. M.	Planning 1951 Program - Field Groupings	
2:30 P. M.	Chairman Reports to General Session	
2:45 P. M.	Installation of new Council Officers	
3:00 P. M.	Adjournment of General Session	
	Sifting Committee Meeting	

Extension Service gives homemaking training for all groups of women.

BE SURE THAT YOUR ORGANIZATION IS REPRESENTED SO THAT YOU WILL GET YOUR PROGRAM REQUESTS CONSIDERED BY THE COUNCIL.

Please return the enclosed, addressed card to Mrs. Pinkerton making luncheon reservations for the number who will attend from your group or indicating how many will attend the afternoon session only.

Sincerely,

Mrs. Allen Hart, Council Pres.

Mrs. Charlotte Weathersby, Council Vice-Pres.

Mrs. Lois Cope, Council Secretary.

GRAHAM COUNTY HOMEMAKERS' COUNCIL MEETING MINUTES

FALL - 1950

The fall meeting of the Graham County Homemakers' Council was held on September 23rd, 1950 in the Ft. Thomas Methodist Church. The Ft. Thomas Homemakers' Club acted as hostess. A luncheon was served to all attending. Rosebud place card-favors added to the attractiveness of the luncheon table.

The business meeting was called to order at 10:45 by the President, Mrs. Thelma Hart. Minutes of the last meeting were read by the home demonstration agent since the council secretary, Mrs. Lois Cope was absent. They were approved as read. Mrs. Hart reviewed action of the club presidents in setting up long term goals of the homemaking program for Graham County. The goals were read, discussed and voted upon favorably. A copy of them is attached to these minutes.

An announcement was made that Miss Jean M. Stewart, State Home Demonstration Leader, is to spend the school year studying in Harvard. She is one of four women admitted to this school, and is on sabbatical leave from the University of Arizona. Miss Helen Church, Clothing Specialist, and Mr. Howard Baker, Assistant Director of Extension, will take over Miss Stewart's duties.

Matters of business to be attended by clubs were brought up as follows:

- clubs to consider using some of their treasury funds to reimburse project leaders for gas or some expense of attending leader training meetings or preparing for club teaching

- clubs to consider sending their own meeting notice cards - in order to avoid some of the difficulty of making arrangements of time, place, etc. The agent offered that the county Extension office would mimeograph the standard information which appears on the cards, then the club secretaries might fill in the monthly information

- club project leaders were urged to turn in to the home demonstration agent all project report sheets by October 1st.

Mrs. Annie Burrell, superintendent of the Women's Department of the County Fair, spoke, urging all ladies and clubs to participate in the coming event. She explained the rules of the National Crochet Contest.

Mr. S. L. Owens, County Agricultural Agent, spoke on "One County Problem", emphasizing the county-wide need for general yard clean-up both for safety and morale of family members. Mr. A. B. Ballantyne, Rural Sociologist with the State Agricultural Extension Service, then illustrated how communities could follow Mr. Owen's suggestion and challenge by having contests among individual families or entire communities. He explained the use of a score sheet by which premises could be looked over and graded both before and after the time of the contest. Action was taken later in the day to carry out this endeavor in communities which are serious about the appearance and safety of their dwellings.

The afternoon session, directed by Mrs. Lois Harrison, county home demonstration agent, was devoted to the considering of requests for, and the planning of the 1951 Extension Service training program. Mrs. Vinnie Marshall served as chairman for this discussion. All requests were given to her, sorted into the fields of Food, Clothing, House and Home, and Health and placed before the entire group for deciding which ones should be of major importance in the 1951 program. Each field of requests were considered and reduced to

two projects chosen to be studied in the coming year. These two are to be the club projects, others were chosen as subjects for special interest schools or club special interest projects or community special interest projects. Finally a vote was taken which specified which one of the two club projects should be first choice -- in case any is deleted from the county program by action of the State Extension office. The 1951 program will be sent out to all club presidents within the next few weeks.

Officers for the coming year were elected as follows:

President	Mrs. Thelma Hart, of Ft. Thomas
Vice President	Mrs. Maybelle Carpenter of Eden
Secretary	Mrs. Ruth Davis, of Safford

Installation of the new officers was made by Mrs. Ella Lee, past president. This ceremony was closed by all repeating the Homemakers' Creed and all singing the Installation Song.

Twenty-one homemaker club and affiliated organization members were in attendance. They represented 10 of the 14 womens' groups which use the Extension Service homemaking program in the county.

Respectfully submitted,


Ruth Davis, Secretary

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

Extension Organization and Planning

3. County Homemakers' Program

Program of 1950 A project program for the year was made by the following sequence of considerations:

1. Suggestive program possibilities sent to each cooperating club member
2. Program requests turned in the the home demonstration agent
3. Home demonstration agent classifying requests into fields of study - nutrition, clothing, home furnishings and management, health
4. Council selection and recommendations for year's program
5. Sifting and calendarizing of recommendations by a council committee
6. State Extension Office approval of the program
7. Calendarized project program sent to each homemaker's club and affiliated organization
8. Acceptance of all or part of the program by each organized group

Arrangement for the assistance of specialists was made through the state office. A detailed Plan of Work and teaching outline were made to facilitate the carrying out of the program. A copy of the program by months and by projects follows this report section. It shows:

1. County club projects
2. Council special interest projects
3. County special interest projects
4. Club special interest projects
5. Supplemental teaching through newspaper and radio

The entire program was carried through as planned except for the deletion of the special interest school for Children's Clothing and two changes in calendarizing in order that specialists' assistance might be available. Each phase of homemaking study is described in detail in its proper section of this report.

Lois E. Harrison
Graham County
1950

A collection of possible 5-minute demonstrations was made, and mimeographed copies sent to all club presidents. These were intended to be "Slick Trick" quickies to be used as eye-openers for club meetings. The idea offered by women was that a "Slick Trick" be presented by the hostess promptly at the opening time of each meeting. Late comers would miss the helpful quickie. These homemaking suggestions have proved popular, and will be continued for the next year. As a sample of eye-openers used during the past year, three demonstration directions follow this report section.

Demonstration kits sent directly to club leaders by the state office have been well liked. These kits have teaching material prepared so that a leader may feel capable of teaching the lesson after her own study and examination of the kit bulletins and illustrations. The most popular one in this county has been "Apron Making".

The first training school for adult club officers was well received. Women had asked for just this type of help. They are ready to serve as officers, if they could feel themselves more competent for the jobs. Council and club presidents and vice presidents were advised in their respective jobs by the State Home Demonstration Leader. Secretaries and treasurers were instructed in the mechanics of their jobs by the home demonstration agent. News reporters were given assistance by a local newspaper and radio reporter. Club officers have liked this assistance so much that they have asked that it be a permanent part of each year's program. For 1951 this type of training will be enlarged to include all project leaders. They will receive training in the general pattern of being leaders - how to get the most out of leader training meetings, how best to use the information with their own club members, how to report back to Extension Service the success of their teaching. Election of officers and selection of project leaders are made in December so that they are ready to take over duties in January.

Lois E. Harrison
Graham County
1950

Beginning in 1950 and to continue in 1951, January has been set as a month when club meetings are devoted to arranging the rest of the year's program. Year booklets are filled out by club members so that they have information handy at all times. Sample pages of a booklet follow this report section.

Each month club secretaries send to the home demonstration agent minutes of their meetings. At the close of the year they furnish any other information having to do with clubs receiving certificates of award.

Certain kinds of homemaking teaching are carried on by a weekly radio program and a weekly newspaper column. Women are kept informed of the doings of Extension Service and invited to use all types of Extension Service teaching.

In Graham County, homemaker clubs and L.D.S. Relief Societies cooperate very closely in program planning and execution. As affiliated organizations the Relief Societies send their work directors to leader training meetings and use portions of the program very effectively. Four homemaker clubs and ten relief societies plan and follow the program.

Lay leadership is being used successfully. Since the agent oversees the study of 22 homemakers' or affiliated groups in the two-county unit, it would be impossible for her to attend all meetings. Leader training meetings have been held consistently at the same place, and on the same day of the month. One-hundred percent attendance is not always the case, but it is satisfying to note that the percentage is not far below that. Leader reports are used for all projects applicable, and in this past year, have been turned in at the rate of four out of five. Project summaries are in this report in their proper sections.

The agent has attended meetings with each homemaker club in the county at least four times during the year. It is still evident that rural women rely on and want the agent to attend as often as possible. However, they have accepted the lay leader system and are

Lois E. Harrison
Graham County
1950

developing good community leaders because of it. Many have expressed their appreciation of being chosen to so receive training and serve their club members.

Special interest schools continue to be very popular. The highlight of 1950 was the making of lamp shades. When a woman carries home from a school a completed article she spreads the word of Extension teaching most effectively. Details of the lamp shade school are told in this report in the section on Home Furnishings.

Program
for
1951

A project program for the coming year was arrived at in ways a bit different than had been used previously. In August program planning information was sent each homemaker listed as a club member. The same material was sent to all affiliated organizations' presidents. The suggestive material included questions which might initiate program projects, summaries of county problems as stated for the past two years, statements of project studying during the past two years, and space for recommendations for the 1951 program. All ladies were asked to turn in their program requests to their club presidents previous to the fall County Council meeting. A copy of this program planning letter follows this report section.

At the Council meeting all program requests were classified into the four major fields of work — nutrition, clothing, home furnishings and management, and health. The entire group discussed requests in light of previous problems and projects accomplished and in light of the long-term county home-making goals. The entire group voted on projects which should be set up in the 1951 program. By this elimination voting every group represented could know just what happened to all requests. Certain projects were built into the program as club projects, others as county special interest projects, others as club special interest choices.

Lois E. Harrison
Graham County
1950

Project work of all kinds was then calendarized by the agent. A preliminary plan of work and request for specialists was then sent to the state office. This over-all plan and request included 4-H club work in addition to the adult work. A copy of this tentative program follows this report section. It has now been approved by the state office, and will be sent to all clubs and affiliated organizations.

It is the hope of the home demonstration agent that each organized group will choose from the year's possible program four projects which will be handled by leaders through leader training and teaching, four which the home demonstration agent will personally teach and four which may be of a mixed nature - recreation, tour, outside speaker, book review, etc. Each club will be so advised before it sets up its specific program.

SUMMARY BY MONTHS For Period
January 1, 1950 to Dec. 31, 1950

MONTH	PROJECT WORK	NO SPECIALIST DAYS
JANUARY	Management-year's schedule and WHow to Make a Bed" *1	
FEBRUARY	Lighting	1 (LTM)
MARCH	Making Clothing Accessories	1 (LTM)
APRIL	Club Special Interest	
MAY	Family Meals *2	1 (LTM)
JUNE	Medical Care: Feet and shoes: accidents	
JULY	Recreation	
AUGUST	4-H Observance and Book Review	
SEPTEMBER	Sewing Machine Attachments	1 (LTM)
OCTOBER	Window Treatment - Draperies	1 (LTM)
NOVEMBER	Designs for Self *2	1 (LTM)
DECEMBER	Election of officers and recreation	

Girls' 4-H club leaders will be invited to all LTM'S

*1 Short demonstration sent in leader's kit

*2 Project slightly different, but under same specialist

Pressure cookers to be tested
any time during year

SEE ATTACHMENT

GRAHAM COUNTY

ATTACHMENT FOR SUMMARY BY MONTHS

Period
January 1, 1950 to Dec. 31, 1950

COUNCIL SPECIAL INTEREST PROJECTS

YEAR Continued study of county library possibilities
 Sponsoring 4-H and 4-H Council
 Advocacy of County Hospital

COUNCIL SPECIAL INTEREST PROJECTS

MARCH Lamp Shade Making

APRIL Sewing Machine Cleaning

APR:SEPT: Council meetings

CLUB SPECIAL INTEREST PROJECTS

OF CHOICE: Dry Cleaning
 Adolescent Activity

 University Kits: Apron Making
 Cancer Program
 Know the Eggs you Buy
 A Work Room for a Farm House
 Library Service for Rural People
 Reading a One Act Play

* * * * *

Schedule arrangements have been made for specialists' services in the county at times indicated.

Official requests for specialists will be made as indicated on the sheet "Summary by Months".

All leader training meetings will be scheduled for the Thursday of the first full week of the month indicated. They will be held in the Thatcher L.D.S. Relief Society Hall.

Specialists' assistance needed by the home demonstration agent for projects for which no specialist is called into the county may be given at such time as they are in the county for otherwise requested days.

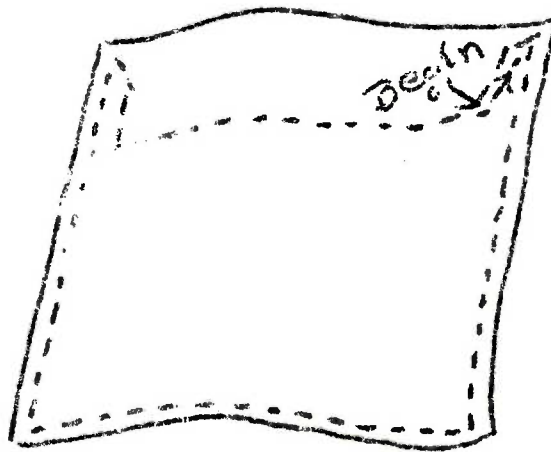
PROJECT SUMMARY For period
January 1, 1950 to December 31, 1950
PROBLEMS SELECTED

PROJECT		WHEN
Extension Organization and Planning	New Adult Clubs	Jan. to Apr.
	County Council work-planning, projects, sponsorships	Year
	County Projects	Year
	Special Interest Schools	Mar.-Apr.
	Club Special Interest Projects	as requested
	Eye Opener demonstrations	Year
	Community 4-H Clubs	Jan. to May
House, Furnishings and Surroundings	Lighting	Feb.
	Lamp Shade Making	Mar.
	Draperies	Oct.
	Home Improvement - 4-H	Summer
Food Production	Family Meals	May
Food Preservation & Storage	Pressure Cooker Clinics	May
Food Selection & Prep.	Know the Eggs You Buy	As req.
Food Distribution	Canning, Freezing, Food Preparation - 4-H	Year
Health and Safety	Medical Care - Feet, Shoes, Accidents	June
	Cancer education	As req.
	Health Projects in 4-H	Year
Family Economics Home Management	Club management	Jan.
	Dry Cleaning	As req.
	Work Room for Farm House	" "
	"Eye Opener" demonstrations	Year
	Records - 4-H	
Clothing and Textiles	Clothing Accessories	Mar.
	Sewing Machine Attachments	Sept.
	Designs for Self	Nov.
	Sewing Machine Cleaning	Apr.
	Apron Making	as req.
	Clothing construction - 4-H	Year
Family Relationship	Adolescent Activity	As req.
	4-H Council and sponsorship	Year
Recreation and Community Life	Book Review	Aug.
	County and State Fairs	Oct., Nov.
	Library Service	Year
	Hospital Advocacy	Year
	Country Life Conference	Apr.
	Reading One Act Play	As req.
	Club Recreation	Year
	4-H club, community, county, state events	Year
Other	Publicity - newspapers, radio	Year
NOTE: 4-H Program submitted separately		
Other - 4-H	Community clubs	Jan-May
	Leader Training	May
	Club Officers' Training	June

STITCHING ON POCKETS TO STAY

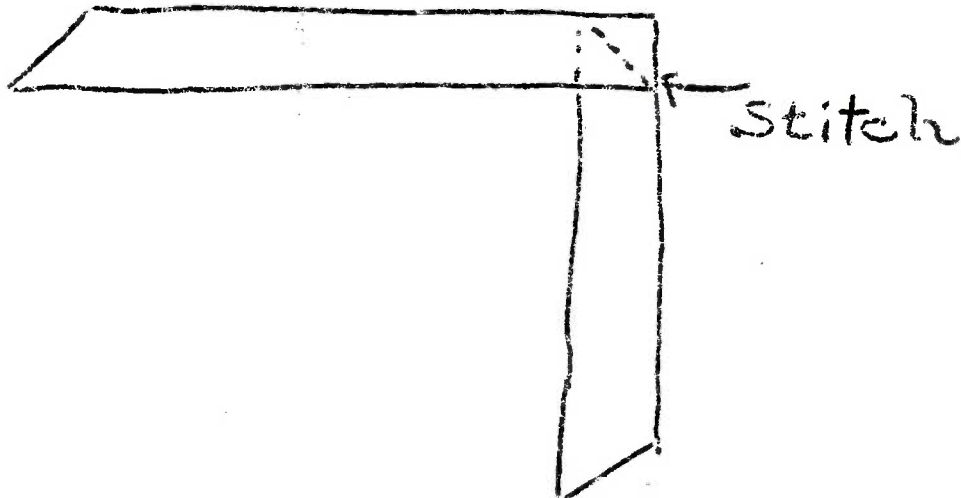
The accompanying drawing is self-explanatory. A cloth sample made up to show is a good way to teach

Make top hem of pocket and stitch. Turn other 3 edges under about $\frac{1}{4}$ inch stitch to garment as shown in drawing.



JOINING BIAS BINDING

1. Cut ends to be joined straight
2. Lay square ends on each other as shown in diagram
3. Stitch diagonally as shown in diagram
4. Clip diagonal seam to seam width
5. Press seam open. Edges of joined bias strips will be straight and smooth



PLANTING AND TRANSPLANTING

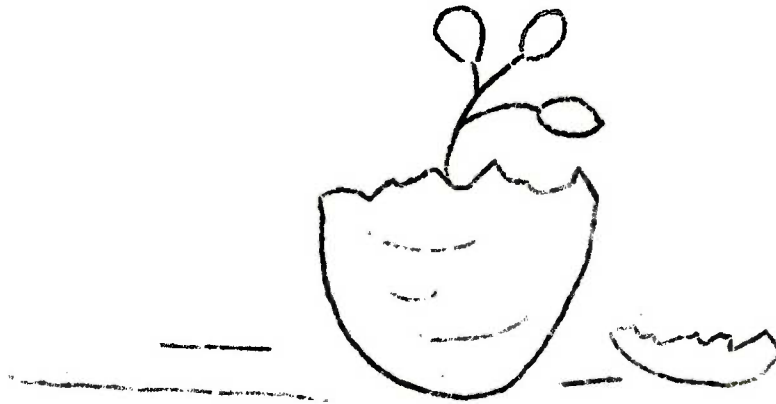
YOUR FAVORITE FLOWERS

OR

GARDEN VEGETABLES

Eggshells may be used for early plant pots either for flowers or vegetables. Simply fill with rich dirt and place right back into the egg box. Then plant the flower or vegetable seed into the shells.

Water when necessary. Thus, when the plant is large enough to transplant, plant the eggshell and all into the row. The shell will be utilized by the earth and the plant will never know that it has been moved.



HOMEMAKER CLUB PROGRAM BOOKLET

COOPERATIVE EXTENSION WORK IN AGRICULTURE & HOME ECONOMICS

Chas. U. Pickrell-State Director
H. R. Baker-Ass't State Director
Jean M. Stewart-State Home Dem.
Leader
Helen L. Church-Clothing Specialis
Reva Lincoln-Nutrition Specialist
Grace Ryan-Home Management
Specialist
K. L. McKee-State 4-H Leader
Mrs. E. Kightlinger-Ass't State
4-H Leader
S. L. Owens-Co. Agric. Agent (Graham)
J. L. Sears-Co. Agric. Agent (Greenlee)
Mrs. L. Harrison-Co. Home Demon.
Agent
Mrs. Loris Galusha-Secretary
(Graham)
Betty Jo Scott-Secretary (Greenlee)

Arizona Homemakers' Creed

To live as humbly as I can
To take what come of good or evil
and grow by my experience into a
better and a more understanding
person
To cling to the Faith which I
possess and to live each day a
little better than the day before
To see others through their eyes
and not through my own
To be blind to the faults and see
only the fine in every life
To so live that I have no need of
secret places to hide that which
I would not have my friends know
To live the same when I am alone
as I do before the world
To be exactly what my very best
friend thinks I am
To honor the teachings of my
parents and when I am called to
leave the sphere of action, to
live in the memory of someone
as a true friend.

Mrs. Lila Newell

COUNTY
HOMEMAKERS' COUNCIL

Officers

President _____

Vice-President _____

Secretary _____

Meetings: April

September

Club Day: _____

Club Meeting Time: _____

Club Motto: _____

Club Colors: _____

Club Officers:

Pres: _____

Vice-Pres: _____

Sec-Treas: _____

Recreation
Leader: _____

Reporter: _____

CLUB MEMBERS

PROJECT LEADERS

Food & Nutrition:

Health:

Clothing:

House & Home:

CLUB COMMITTEES

SPECIAL EVENTS OF YEAR

Jan: Council & club officers
training
Feb-Mar: Lamp shade making
special school
Mar: National 4-H Week
Apr: County Council meeting
Country Life Conference
Sewing machine cleaning
clinic
May: National Home Demon. Week
County 4-H club leaders
training
May-June: Pressure cooker testing
June: 4-H state round-up, county
4-H club officers' training
July: 4-H senior camp
Aug: 4-H junior camp, state 4-H
club leaders school, com-
munity 4-H achievement days
Sept: County Council Meeting
Sept-Oct-Nov: Tailoring of
womens' garments (Greenlee
only)
Oct: County Fair
Nov: State Fair

ORDER OF BUSINESS

1. Call to order
2. Opening exercise
3. Roll call
4. Reading and approval of
minutes of previous meeting
5. Report of officers or
committees
6. Unfinished business
7. New business
8. Project demonstration
9. Social period
10. Adjournment

JANUARY

Date:

Hostess:

Roll call:

Project:

Leaders:

Important:

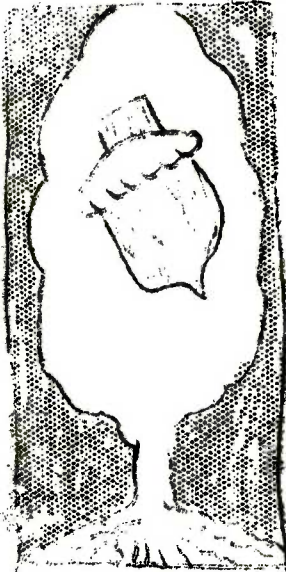
Council & Club Officers'
Training

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Safford, Arizona

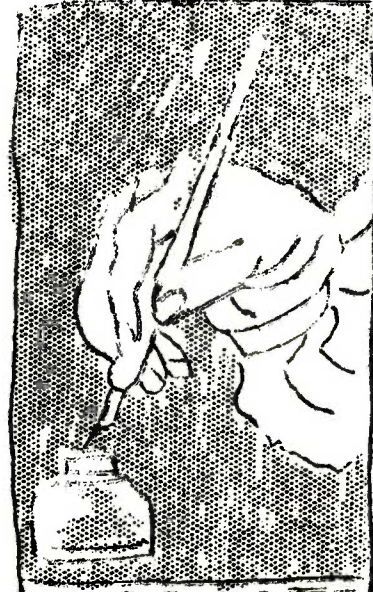
University of Arizona
College of Agriculture
U. S. Dept. of Agriculture
and Graham County Cooperating

August 25, 1950

Agricultural Extension Service
Home Demonstration Work
County Agent Work



MIGHTY
.....OAKS



REPORTS
.....

DEAR PROJECT LEADER:

At one of our County Council meetings, Miss Jean Stewart, State Home Demonstration Leader, said that the aim of Extension Service is "to make more home-making and less housekeeping". She said also that Extension Service asks, mainly, one thing of women — that they pass on to neighbors, friends, any who can use it, the information they have learned through Extension Service.

Now is the time to take account of that spread of information and skills. As a project leader, you are in the position to know or estimate how many homemakers have benefited by or have used practices and suggestions offered by Extension Service.

Please fill out the enclosed Leader Report form(s) for the project(s) of which you had charge. Please return the form(s) to me by:

OCTOBER 1st

An addressed envelope which needs no stamp is enclosed for your convenience.

Sincerely yours,

Lois E. Harrison

Lois E. Harrison
Home Demonstration Agent

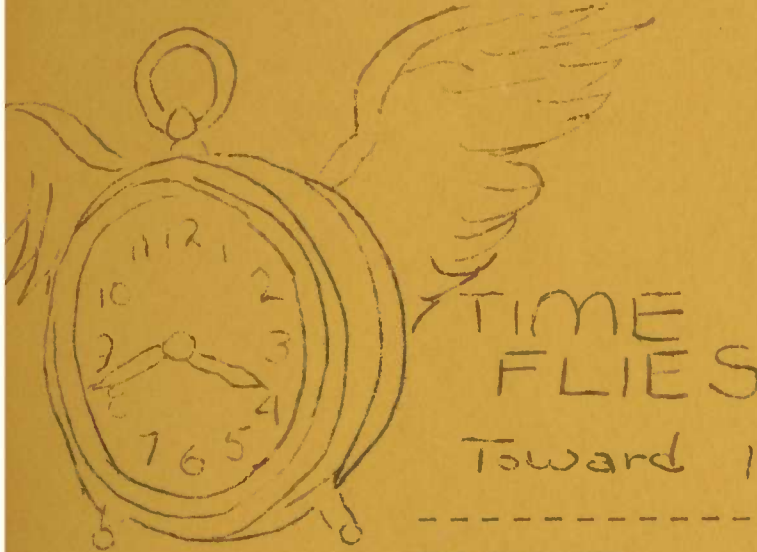
Enclosures
LEH /lg

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Safford, Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

1950

Agricultural Extension Service
Home Demonstration Work
County Agent Work



Toward 1951 Program

DEAR HOMEMAKER:

What Do You Want For Your Family And Community?

Here are a few questions which might come up as you think through the problems you would like included in next year's Homemaker's Program, carried by Extension Service.

Read through the questions, marking those that have been troublesome to you in the last year. After that is done, turn to the last four pages where you will find the problems that were presented at the last two County Council Planning Meetings.

You will see also on these pages what has been done in your Homemaker's groups in the last two years. Some of the problems have been dealt with at least partially. Other problems remain untouched. Look over this list for previous years. If you feel you want more help on those things which we have studied, be sure to ask for it. (We should finish what we start before going on to something new). If you still want included problems which we have not discussed, put those down for next year. In addition, add any new problems which you have realized by reading the questions on the foregoing pages, or by your own observations.

This then is your recommendation of problems to be studied in the Homemakers' program in 1951. Take this list to your club meeting in SEPTEMBER. At this meeting your suggestions and those of the other club members will be pooled. This combined list will then be taken by your representatives to the County Council Planning Meeting which will be held on SEPTEMBER 28th.

Sincerely yours,

Lois E. Harrison

Lois E. Harrison
Home Demonstration Agent

037

LEH/lg

What Do You Want For Your Family and Community?
In the Field of Food and Nutrition?



Do you believe that food makes a difference in your health?

At what age level can food habits be formed the easiest?

Do you know what the basic seven food groups are:

Do you have trouble working them into the day's menu?

Are you overweight?

Are you underweight?

Do you know food values well enough to substitute one for another?

Should you be using more of certain foods considering you are pregnant or nursing a baby?

What foods should the older person eat?

How can you make sure the food you eat is clean and safe?

Do you know canned and frozen food standards, meat grades, etc.?

How can you tell safe restaurants in which to eat?

How can you stretch the food dollar?

Are the prepared baking mixes economical?

Do you believe everyone should like all foods?

Are fathers a bad influence in developing good food habits in children?

Would a food forum to which both father and mother come help?

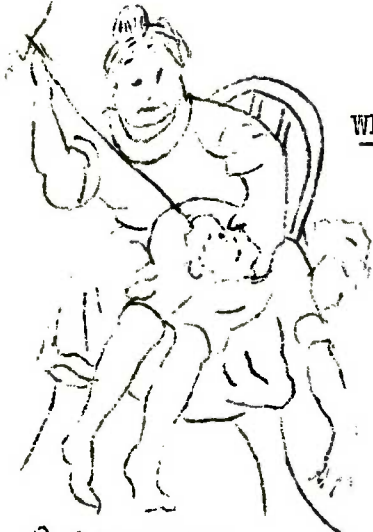
Is mealtime a happy occasion at your house?

Do all the grudges of the day come out at mealtime?

Do you entertain easily with small numbers or large?

Are your son and daughter proud of you when guests arrive?

Are you training your children so that they will have confidence when they entertain?



A STITCH IN TIME

What Do You Want For Your Family and Community?

In the Field of Clothing?

Are you up to date on new textiles, their use and care?

What can you do to control quality and high prices in clothing?

Do you know what to look for to get a good buy in ready-to-wear?

Are you satisfied with your wardrobe after you have made your purchases?

Do you do most of your sewing for children?

Are you still using sewing techniques taught by your grandmother?

Are you interested in learning techniques developed by the Ready-to-Wear Industry?

Where do you have your difficulties in sewing?

1. Selection of best design for yourself?
2. Selecting and combining colors?
3. Altering pattern to fit yourself?
4. Fitting your garments to yourself?
5. Hand finishes that give your garments that expensive look:

Do you need a dress form?

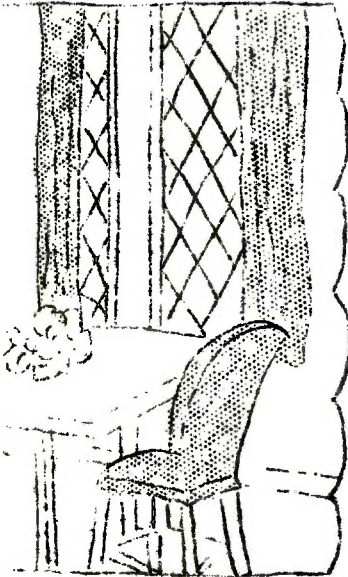
Are your house dresses comfortable?

Could you organize your sewing center to be more efficient?

What are some of the new sewing gadgets that make sewing easier?

Do you help your husband select his clothing?

Would you like to make your own small leather articles, belts, globes, etc?



What do you Want For Your Family And Community?

In the Field of House and Home?

"If we are really concerned about building a good kind of home life, we must put our emphasis more and more on the understanding of homemaking and less on the skill of housekeeping."

How can I arrange my furniture so the room will look less cluttered?

What do I look for when buying furniture?

What can I do to old pieces of furniture to give them a modern touch?

What are suitable small accessories - pictures, pillows, linens, scatter rugs?

How can I make my windows more attractive?

How can I save steps in the kitchen?

How can I get more storage space out of my cupboards and closets?

What is the easiest way to make a bed, to wash dishes, to do the family washing?

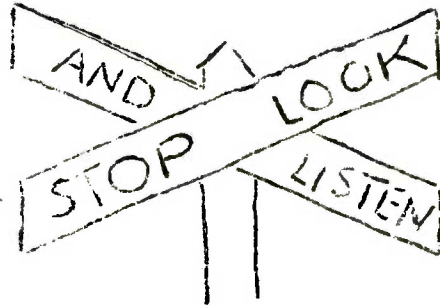
How does one go about setting up a budget?

Is there a solution to children's spending money?

How can I become a better homemaker without spending all my time housekeeping?

How can I manage my housekeeping time better?

What can I do to improve the appearance of the lawn or yard?



What Do You Want For Your Family and Community?

In The Field of Health?

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmities."

How can I best care for the health of my family?

What can I do in my home to prevent accidents?

In case of accident what should I do until we can get to the doctor?

What are some sick room comfort devices I could use?

What are some of the symptoms of Diabetes?

What about Polio?

How can I tell my daughter about the facts of life?

How can we keep our teen-agers out of trouble?

What are the best toys for four year olds?

What can we do with our youngsters during club meeting time?

Is it hard to get your family to play together?

FOOD AND NUTRITION

Problems in County as stated
in County Council Meetings in
1949 and 1950

Projects generally studied
by clubs in the County

	1949
Low cost foods from the broiler	Home Pasteurization of Milk
Food laws of Arizona - milk	Short cuts in cooking
Getting the most for your food dollar	Freezing of foods
a. One dish meals	Home canning
b. Salads, fruits, vegetables	
c. Short cuts to cooking	1950
Freezing of foods	Family meals
Desserts	Pressure cooker clinic
Budgeting for foods	
Getting children to eat the right foods	
Family meals together	

YOUR RECOMMENDATIONS FOR 1951

C L O T H I N G

Problems in County as stated
in County Council Meetings in
1949 and 1950

Projects generally studied
by clubs in the County

Making the best of appearances
Salvage in make-over clothing
Sewing machine cleaning clinic
Tailoring
Buying wearable fabrics
Short cuts in sewing
Making shirts
Childers' clothing - patterns and
making
New textiles - use and care
Best designs for self
Apron making
Making linings and buttonholes
Dry cleaning at home
Your feet and shoes
Simple accessories for clothing
Stretching the clothing dollars
Sewing machine attachments

1949

Tailoring
Remodeling and salvage of clothing
Sewing machine cleaning clinic
Making the best of appearances - grooming

1950

Clothing accessories
Your feet and shoes
Sewing machine attachments
Designs for self
Apron making
Sewing machine clinic

YOUR RECOMMENDATIONS FOR 1951

20-23-24-25

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

1. To have a clothing clinic
2. To have a clothing clinic
3. To have a clothing clinic

H O U S E A N D H O M E

Problems in County as stated
in County Council Meetings in
1949 and 1950

Projects generally studied
by clubs in the county

Room arrangements

1949

Room color schemes

Lighting

Room color schemes

Cleaning upholstery

Restoring old furniture

Short cuts in cleaning

Time management

Restoring old furniture

1950

Good taste in home furnishings

Lamp and lampshade making

Lighting

Homemaking methods

Lamp and lampshade making

Money problems in the family

Drapery making

Library service

Rural library service

Holiday decorations

One Act Play

Adolescent activities

Book review

YOUR RECOMMENDATIONS FOR 1951

HEALTH

Problems in County as stated
in County Council Meetings in
1949 and 1950

Projects generally studied
by clubs in the county

Obtaining services of visiting nurse
Fly control
Simple remedies - First Aid
Using nurse's first aid kit
Food laws of Arizona
 a. milk
Cancer control
Pre-paid medical care
Accident control
Advocacy of county hospital

1949

Availability of county nurse
Valley fly control
Simple home nursing remedies
Using nurse's first aid kit
Home pasteurization of milk

1950

Cancer education
Safety campaign

YOUR RECOMMENDATIONS FOR 1951

County - Graham

SUMMARY BY MONTHS For Period
January 1, 1951 to Dec. 31, 1951

MONTH	PROJECT WORK	NO.SPECIALIST DAYS
JAN.	Adult-Officers' & Project leaders training Program for year made by clubs 4-H-Club re-enrollments due	1(LTM)(Act.St.Ldr)
FEB.	Adult-Short cuts in sewing-Boys clothes Dress forms - spec. int. sch. 4-H-Council problems	1(LTM)(clo.) 2(clo)
MARCH	Adult-Food & the difference in health 4-H-National Club Week	1(LTM)(fds)
APRIL	Adult-Council meeting-new textiles Club spec. int. 4-H-Organize spring clubs-prep. for National contest, Leader training	1(talk)(clo) (last Thurs) 2(LTM)(fds.clo)
MAY	Adult-Diabetes education Achievement Day-Food values & substitutes 4-H-Club enrollments due,prep. for Roundup; Rural Sunday	(LTM)(HDA) 1(talk)(fds)
JUNE	Adult-Club special interest 4-H-Project work - Roundup Officers' training	1(ass't ldr.)
JULY	Adult - Club special interest-recreation 4-H-Leaders' Conference-general project work	
AUG.	Adult-4-H observance-or club special interest 4-H-Camp - project work Achievement programs	1(Ass't ldr.)
SEPT.	Adult-Council meeting-program planning Room arrangement-furniture 4-H-Project completion Prep.for county fair & National contests	(last Thurs) 1(LTM)(HF & HM)
OCT.	Adult-Room Accessories-picture & wall appointments Leather accessories-spec.int.sch. 4-H-Completions due - County fair - county awards day	1(LTM)(HF HM) 2 ? (clo) 2(co.fair judge, awards program)
NOV.	Adult-Facts of life & teen age guidance 4-H-Club re-enrollment-State Fair Leader recognition	(LTM)(HDA) 1(ass't ldr.)
DEC.	Adult-Club special interest-recreation 4-H-Club re-enrollment-recreation	

Months when there is no LTM, clubs choose own project from a list voted on by the council and prepared by the HDA, to be taught by the HDA or previously trained project leader.

Club programs to be cleared through the H.D.A.

GRAHAM COUNTY

ATTACHMENT FOR SUMMARY BY MONTHS

The Home Management Specialist is asked to come to the county
for: 2 LTM'S

The Clothing Specialist is asked to come to the county
for: 1 LTM
2 Spec.Int.schools
1 talk at Council meeting
1 4-H LTM

The Nutrition Specialist is asked to come to the county
for: 1 LTM
1 talk at Ach. Day
1 4-H LTM

When specialists are in the county for the above work, they will be able to advise the H.D.A. in preparation for LTM'S which she will have.

The Assistant State 4-H Leader is asked to come to the county
for: 1 Officers' TM
1 Ach.Day
1 Ldr. recognition

Project Leaders will be trained as follows:

HF & HM	2 times
Clothing	1 time
Nutrition	1 time
Health	2 times

On Thursday of the first full week of the month indicated.

It is planned that the H.D.A. will handle project teaching in club meetings at least 4 times during the year.

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

A. Extension Organization and Planning

4. Publicity

Newspaper The home demonstration agent has a weekly column in the "Graham County Guardian". This column is used as another teaching device. It carries articles of homemaking suggestions and advice. Through this expedient many rural families are reached who otherwise do not cooperate actively with any organized group. During the year all phases of homemaking teaching are considered. The column always closes with a "Safety Pays" warning or question. A sample of the "Housekeeping Helps and Hints" column follows this report section.

News relating to activities of the local Extension Service are published separately from the column. All general news such as council activities, leader training, special interest schools, state meetings, exhibits, personal feature articles are released by the agent. News concerning club activities is issued to the press by club reporters. Samples of these articles follow this report section.

News of Extension Service is carried also by the "Tucson Daily Citizen" in the Eastern Arizona Edition. The reporter gets news directly from the home demonstration agent or she furnishes written articles. A sample follows this report section.

Homemaker club reporters were given training for their jobs in the club officers' training school held early in January. The reporter for the "Tucson Daily Citizen" instructed the ladies in what to consider news and how to write it. Club news is sometimes featured as special articles, sometimes included in the columns of community news. One club in Safford has a regular listing in the column of the local paper "Clubs and Lodges", which is a regular block in the paper.

The home demonstration agent sends to the "Arizona Farmer" news of county doings which are considered to be of broader, state-wide interest. For special occasions in the county, this paper sends a reporter into the county. Pictures usually accompany these articles. The women's editor of the "Arizona Farmer" spent three days in the county in May gathering material for several feature articles. At least eight stories of Graham County folks have appeared in the paper since her visit. The home demonstration agent has

Lois E. Harrison
Graham County
1950

been very pleased with this type of publicity, and the rural families have been honored and challenged. Samples of these stories follow this report section. Recently the "Arizona Republic", published in Phoenix and with quite a large valley distribution has increased its space for local news.

Pertinent news is issued also to all the above-mentioned newspapers by the State Extension Service Information Office.

The following list gives titles of articles in the home demonstration agent's regular column:

Food Selection

and Preparation Apples Abundant - Let's Use Them
Try These Apple Cakes
Jellied Dried Fruit Bar is Holiday Treat
Casserole Cum Laude
Summer Meals
Picnics
Summer Food for Youngsters (milk)
Hot Weather Foods
Plentiful Picnic Foods
Hearty Chef's Salads
Any Day is Chicken Day
Salads
Liver to Your Liking

Nutrition

Turkey Time (selection and preparation)
Teen Age Lunches
Cabbage for Healthful Good Eating
Safe Cooking of Pork
Cook Cabbage in 5 Minutes
Meal Planning

Food Preserva-
tion and
Storage

Most Containers for Freezing Good
if Properly Used
Pickle Success
Chicken in the Jar
**

Home Management

For Christmas - selection of blankets,
and other household items as gifts
Get Use of Electric Fan
Plastic Reduces Window Shade Care
Restore at Home
More Efficiency
Make House Planning an Individual Problem
Divide the Dresser Drawers
Washing Rayon Curtains

** Freezing Corn
Precautions That Pay

Lois E. Harrison
Graham County
1950

Home Management (Continued)	Oiled Cloths Ruin Waxes Cleaning Lights, Reflectors will Save Electricity Stiffening Agent for Sheer Fabrics Lighter Load, Cleaner Clothes Clothing Stains Will Disappear New Laundering Method Homemakers ' Tool Kit
Clothing and Textiles	Work Skirts Designed for Convenience Try on Clothing Before Buying Are You Having Troubles with Corduroy Some Woolens cut Cleaning Costs Protective Pressing
Health and Safety	Full article on accident prevention followed by regular "Safety Pays" National Farm Safety Week Burns and Scalds

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

A. Extension Organization and Planning

4. Publicity

Radio The county agent and the home demonstration agent have a weekly radio program of fifteen minutes on Station K G L U which serves all eastern Arizona. Regular air time is each Saturday from 12:15 a.m. to 12:30. That is a time when farmers, homemakers, and 4-H youth may be found at home. The name of the program is "Stepping Along With Our County Extension Service". The musical theme is the lively march "Stepping Along". Programs are varied, both in content and guest speakers, but local interest and information are always the main text. State personnel and local professional persons have appeared from time to time to give change to the listeners. 4-H work has had its share of the programs through the year. Local names and stories are used on every possible occasion. Farmers, homemakers, 4-H club leaders and members appear on the program, probably on an average of more than once a month.

In addition to the regular radio program, the home demonstration agent makes special programs now and then. During National Home Demonstration Week three homemakers and the home demonstration agent broadcast a tribute fitting to the week's celebration. A club president told what Home Demonstration Work means to her club members, the president of the county homemakers' council told what it means to county women in general, a former council president told what it means to her personally. This particular program was commented on very favorably to the agent. Three of the ladies who had attended the Arizona Country Life Conference and the home demonstration agent presented one radio specialty. They brought out features of the conference which had particularly interested them and which they thought would be of more than passing interest to other homemakers. Toward County Fair time several radio programs were devoted to discussions of participation and entries for the event. The Fair Superintendent of the Women's Division and department heads assisted the agent in these programs.

Lois E. Harrison
Graham County
1950

A stream-lined method of getting meeting announcements on the air was developed as a result of the news reporting training given in January. Radio station KGIU was added to all club, council, and special school mailing lists. As information goes out to anyone concerning a coming meeting, the radio station automatically has the same news. The station director of programs arranges spot news accordingly. These announcements go on the air the day before and the day of such meetings. Women have come to rely on the radio for their last minute reminders or first announcements. The local announcer is most cooperative in his ad-libbing additional interest in the meetings. Spot news of this kind is given at 7:15 A.M. and again at 10:15 A.M. It is an excellent opportunity for Extension Service publicity. A radio staff member regularly visits the Extension office to glean additional news for one or both of these morning programs. The part that home demonstration work played in United Nations Week was well related by the local station personnel. It was made a specialty also on the regular Extension Service program.

Radio has come to play an important part in the teaching and efficiency of home demonstration work in Graham County. Circular letters sent to the mailing list are used to a lesser degree than would be the case if the newspaper and radio publicity or teaching were not so complete, far-reaching, quick and effective.

Radio programs of the year directed to adults included the following: (Those directed to 4-H-er's are indicated in the 4-H report).

Food and Nutrition	Sweet Potato Recipes
	Grapefruit Desserts
	Pressure Cooker Testing
	Cooking Frozen Meats
	Canning and Freezing Peaches
Sewing and Clothing	Designs for Yourself
	Personal Grooming
	Use of Sewing Machine Attachments
	Sewing Machine Cleaning
	Clothing Accessories
House and Home	Care and Repair of Home Equipment
	Making Draperies
	Principles of Lighting
	Making Lamp Shades
	Utility Rooms
	Home Beautification
	Furniture Repair and Recovering

Lois E. Harrison
Graham County
1950

Health The Basic Daily Seven

Program -
Organization Homemakers' Program for 1950
 Homemakers' Council Meetings
 Homemakers' Country Life Conference
 National Home Demonstration Week
 United Nations Week
 County Fair
 State Fair

Public One of the local observances of National Home Demonstration
Display Week was a store window display of lamp shades which had been
 made by homemakers in the Extension Service special interest
 school. Women of six communities placed their handiwork on
 exhibit. Appropriate posters were made by an artistic home-
 maker. As a means of publicizing what home demonstration work
 accomplishes, the store window display was thought a real
 success. A picture of the display follows the Home Furnishings
 section of this report. Each year in celebration of National
 Home Demonstration Week, homemaker club women have some kind
 of achievement program or public display.

National In 1949 an Extension Service project "Undulant Fever and Safe
Publicity Milk" was handled as a teaching campaign. All county families
Recognition directly or indirectly connected with Extension Service came to
 think about the possibilities of illness spread by raw milk.
 The project spread from homemaker clubs on through to service
 organizations, public and private institutions of the county.
 It was indeed gratifying to realize the positive effective-
 ness of the health and nutrition teaching. The home demonstra-
 tion agent was asked to write an account of the safe milk
 campaign to be published in "The Journal of Home Economics".
 The article appeared in the December, 1949, magazine issue.
 A copy follows this report section. The May 1950 issue of
 McCall's Magazine gave a short feature article taken from
 the original. This type of national publicity is a boon to
 Graham County, the State of Arizona and the good work of
 Extension Service.

HOUSEKEEPING
By **H**ELPS AND
Mrs. **H**INTS
Lois, E. **H**arrison
Home Demonstration Agent
Safford, Arizona

**DIVIDE THE DRESSER
DRAWERS**

Dresser drawers can get into a mess. Hose mixed with slips, slips mixed with belts, belts scrambled with gloves, all adding to the homemaker's fatigue and annoyance.

Any woman can put a stop to that. Buy a few feet of $\frac{1}{4}$ -inch quarter round and some $\frac{3}{8}$ inch brads, and put that hammer and small saw to use in straightening dresser drawers.

Saw the two strips of quarter board to the exact inside length of the drawer. Tack it length-wise along parallel sides from two to three inches from the top. This will make a runway for a flat cardboard box which will slide to and fro. It leaves a good share of space in the bottom of the drawer and offers a gliding tray for some of the offending items that get so easily mixed up. The device doubles the available space in the drawer.

If the tray is not desired, persuade your grocer to save you the paper dividers that separate fruit jars and similar items during their shipment to the store. These dividers dove-tail together, making compartments. By a little effort, and some interest and skill, you may cover these with attractive paper, or paint them with showcard colors, making a set of compartments that will restore order in a drawer.

**NEW USES FOR PAPER
TOWELS;**

Newer and tougher towels can take over tasks not usually delegated to paper. It will blot the layer of fat from consomme and soups. Lettuce, celery, and radishes grow crisp when drained in dampened paper towels for refrigerator storage. Wrap again in waxed paper. Newer types of paper towels serve as well for polishing silver as a cloth, and will be fine protectors between china plates and saucers in the cupboard. SAFETY PAYS. Spring is gardening time; be careful with sharp edged tools—rakes, hoes, etc.

SAFFORD, ARIZONA

FORT THOMAS

The Ft. Thomas Homemakers Club held their monthly meeting Friday afternoon at the home of Mrs. Will Hinton with Mrs. Dan Hinton as co-hostess. Plans were made for the year's program with the aid of Mrs. Lois Harrison, home demonstration agent from Safford. Leaders and hostesses were selected for the coming year. Year books were given to each member present. The hostess served delicious refreshments to the Mesdames Haskell Herbert, Allen Hart, Homer Boyd, Carl Pinkerton and daughter Linda, Marvin Shiflet, Tom Hamman and daughter Candy, Emmett Simms, Eulala Allen and Mattie Blake.

Max Hinton and Norman McEuen, students at T. S. C., spent the week end here at their homes.

Mr. and Mrs. Jim Wade made a business trip to Phoenix this week.

Tom Hamman made a business trip to Bowie Sunday.

Word has been received that Mrs. Kate Jones, former resident

of Ft. Thomas, is seriously ill in a Mesa Hospital.

Mr. and Mrs. H. Weddle spent a few days last week in Casa Grande.

Mr. and Mrs. Jack Hinton of San Simon were here over the week end.

Mr. and Mrs. G. Allen and family of Mesa were guests last week at the home of Mr. and Mrs. Carol Williams.

Bill Bollinger was hospitalized in Safford Tuesday of this week.

Mr. and Mrs. Haskell Herbert motored to Globe Saturday and spent the day.

Ferril Wilson, son of Mrs. Fred Lewis, underwent a major operation in Phoenix last week.

Mrs. Golliday and son, Roy, of Bylas have moved to Safford to make their home.

The Ft. Thomas W. S. C. S. met at the home of Mrs. J. B. Hinton Thursday evening, January 19, with Mrs. Emmett Simms, vice-president, presiding during the business hour. She presented a program from the "Women of the Bible." Refreshments were served to Mesdames Will Bollinger, Simms, Traw, Carl Pinkerton, Homer Boyd, Emmett Simms and

Safford Home Makers Meet

Safford Home Makers' Club met at the home of Mrs. Twilla Stonier Tuesday, May 9 for a pot luck luncheon. Two recipies furnished by the Home Extension Service were used for the main dishes. Mrs. Louise Regan was the leader of the discussion on "Family Meal Service."

Those attending were Mrs. Joan Talley, Louise Cubitto, Florence Benbow, Marie Sherman, Doris Williams, Helen Samuel, Loyce McNutt, Mary Jacobs, Ruth Davis, Agnus Sutorious, Louise Regan and the hostess Twilla Stonier. The next meeting will be held June 11 at the Home of Mrs. Louise Regan. The topic for that meeting will be "Health of Your Feet."

SAFFORD HOMEMAKERS ELECT NEW OFFICERS

The Safford Homemakers club held their monthly meeting Tuesday afternoon at the home of Mrs. J. C. Davis. Election of officers was held and the following were elected to serve for this year: Mrs. J. C. Davis, president; Mrs. E. W. Sherman, vice-president; Mrs. Jay Williams, secretary; Mrs. W. D. McNutt, treasurer; Mrs. Harlan Argo, entertainment chairman, and Mrs. F. W. Regan, news reporter.

Plans were made for the year's program with the aid of Mrs. Lois Harrison, home demonstration agent.

The next meeting will be held February 21 at the home of Mrs. C. H. Samuel. Project leaders for the meeting will be Mrs. Fonza Benbow and Mrs. F. W. Regan. The subject will be "Lighting," with special attention given to the arrangement of lamps in the home.

The hostess served delicious refreshments to the following: Mrs. Lois E. Harrison, Mrs. Gordon Stonier, Mrs. Clyde Daringer, Mrs. Jay Williams, Mrs. F. W. Regan, Mrs. W. D. McNutt, Mrs. Fonza Benbow, Mrs. C. H. Samuel, Mrs. J. W. Stebbins, Mrs. T Y Glenn and Mrs. Harlan Argo.

FT. THOMAS HOMEMAKERS CLUB

The Ft. Thomas Homemakers Club met in the home of Mrs. Carl Pinkerton at Pima Mesdames Willie Hinton and Don Hinton presented an interesting demonstration on "Lighting in the Home" and recreation leaders, Mrs. Pinkerton and Mrs. Boyd, directed several games. Mrs. Gerry Misensol became a new member and Mrs. Marshall of Pima was a visitor.

Refreshments were served to Mesdames Allen Hart, Tom Hammon, Willie Hinton, Dan Hinton, Mattie Blake, Mrs. Marshall and Gerry Misensol by the hostess, Mrs. Carl Pinkerton, and Mrs. Homer Boyd, co-hostess.

The next meeting will be held in Mrs. Dan Hinton's home at Ft. Thomas.

Homemakers Spur Cleanup

SAFFORD, Sept. 28.—The fall meeting of the Graham County Homemakers' council was held Saturday in Ft. Thomas Methodist church, with the Ft. Thomas club serving as hostess to the 21 members of other clubs and affiliated organizations present. They represented 10 of the 14 women's groups which use the extension homemaking service in the county.

Mrs. Thelma Hart, president, presided. Items of interest to club members were considered. Mrs. Anna Burrell, superintendent of the county fair women's department, urged women and clubs to participate in the fair and explained rules of the national crochet contest.

S. L. Owens, county agricultural agent, spoke on "One County Problem," emphasizing a county-wide need for general yard cleanup both for safety and morale of family members.

Outlines Contest

A. B. Ballantyne, rural sociologist of the state extension service staff, illustrated how communities could follow Owen's suggestions and challenge by having contests among individual families or entire communities. He explained the use of a score sheet by which premises could be judged and graded both before and after the contest. Action was taken later in the day to carry out this endeavor in communities which are serious about the appearance and safety of their dwellings.

The afternoon session was directed by Mrs. Lois Harrison, county home demonstration agent, and considered requests for and planning the 1951 extension service training program. Mrs. Vinnie Marshall served as chairman. Final 1951 program selections will be sent to all club presidents within the next few weeks.

Officers Elected

Officers were elected during the afternoon session. They are: President, Mrs. Thelma Hart, Ft. Thomas; vice-president, Mrs. Mabelle Carpenter, Eden; secretary, Mrs. Ruth Davis, Safford.

Installation of the new officers was conducted by Mrs. Ella Lee, past president. This ceremony was closed by all repeating the homemakers' creed and singing the installation song.

Announcement was made that Miss Jean M. Stewart, state home demonstration leader, is attending Harvard as one of four women admitted to that university. While Miss Stewart is on sabbatical leave, Miss Helen Church and Howard Baker will take over her duties.

Luncheon was served during the noon hour by the hostess club members. Table appointments featured rosebud place card favors.

Homemaker Extraordinary

Safford Woman Is Handwork Artist, Culinary Expert,
Family's Pal and Good Neighbor



Ruth Talley
Brinkerhoff, seated,
discusses the
fine points of
cheesemaking
with
Lois Harrison,
Graham County
home
demonstration
agent, as they
examine a mold
from
Ruth's latest
latest
batch of
cheese.

By PAULINE BATES BROWN

MAYBE Ruth Talley never won American Homemaker degree in Future Homemaker work. Maybe she didn't even belong to FHA. But one thing is certain: Ruth Talley Brinkerhoff ranks high as an Arizona homemaker. The rating comes from her own family and her fellow townswomen who are quick to tell a visiting reporter about Ruth's prowess as a cheesemaker, as a needlewoman, as a baker, as a happy woman who gets fun out of doing the "extra" things for her family.

It was the reports of her success at cheesemaking that sent this reporter scurrying out to the Brinkerhoff home in Safford. However her latest batch of cheese had been processed and pressed several days previously and was in the curing stage, so I didn't get to watch her make it. But that mold sure looked like a professional job.

So did a great many other products of that neat kitchen—and before many minutes had passed, I threw away my copy of "Eat and Grow Thin," and concentrated on the "eat" part of the title.

Whole wheat bread—so fresh that the tantalizing smell of baking bread still lingered in the kitchen—was my first downfall. "Nothing wrong about a slice of whole wheat bread between meals," my aroused appetite argued. "It's the butter spread on bread that adds the calories." So appetite won over conscience in that round, and the next one as well—for what farm-bred girl can withstand homemade butter fresh from the churn! From then on, conscience gave up and let me enjoy myself.

Ruth's whole wheat bread is famous throughout the Safford area, so much so that if she doesn't bake an extra loaf or two each time she makes it for her family, she finds the family coming up short, because some neighbor has talked her into letting her have a loaf. Somehow it seems most folks just don't have the knack of it like she does.

Ruth doesn't think she has any special talent for baking, and she attributes her success with whole wheat bread to one particular thing. She insists that the whole wheat flour from which she makes her dough be freshly ground. She takes the wheat to the mill herself and has it ground 2½ pounds . . . just enough for one

batch . . . at a time. And if that's what makes her bread taste like it does, I'm all for frequent trips to the mill.

Here's the way Ruth makes her famous bread.

Ingredients are: One quart water, two packages of dry yeast which have been soaked, 2½ pounds fresh milled whole wheat flour, one-half cup honey, three teaspoons salt, one-third cup Wesson oil.

Put the honey in a large bowl. Add liquid and stir well. Add yeast and let stand 20 minutes or until yeast foams well. Add salt and shortening to liquid. Add enough flour to make a batter and beat well.

Put remaining flour in another large bowl. Make a "well" in the

(Continued On Next Page)

Homemaker Extraordinary

(Continued From Page 22)

flour and pour the batter into it. Mix until you can knead it well with the hands. Let rise.

Divide dough. Grease two bowls and put one-half the dough in one for plain whole wheat bread. In the other put one-half cup of raisins which have been soaked, and one-half cup pecans or other nuts. (Ruth puts her raisins to soak at the same time she starts her yeast soaking.) Set in warm place and cover. Let rise to 1½ times its original size. This makes two plain and two fancy loaves of medium size.

But if anyone has any idea that whole wheat bread is the limit of Ruth Brinkerhoff's culinary accomplishments, she should just take a glance into the home freezer which, other than the four young Brinkerhoffs and their Dad, is Ruth's greatest joy.

And what a gourmet's treasure chest it is! The makings of many a full-course meal, complete from salad to dessert, are right there in that deep, immaculate freezer. Most of it could be ready for the table in mighty short order—whole kernel corn, peas, string beans, potatoes, boned ham cut into convenient sizes for baking or slicing, bacon, beef roasts, chicken for frying and hens for roasting, rolls ready to be popped into the oven for a few minutes and served, butter wrapped and dated.

Ice cream, too! There just isn't anything that can be frozen that wasn't in that box.

Reaching clear to the ceiling along the west wall of the cheerful service porch which houses the deep freezer are neat drawers and shelves enclosed behind cabinet-size doors. And behind those doors—more food. Canned food of various and sundry kinds, all Ruth's work of which she is justly proud. But it's hard to say whether she is prouder of the canned goods or of the large porch and the cabinets. They are the work of her husband, Spencer, a real estate man by profession.

Spencer figures largely in the story behind, or maybe it should be before, the processed foods. So does 12-year-old Spencer Jr. and maybe 8-year-old Jenna and 6-year-old Ann Louise. For the Brinkerhoffs produce nearly every mouthful of food they eat. Every year they raise 50 chickens on their home lot. When the young roosters reach frying stage, they are butchered and put in the freezer. The hens are kept for laying and furnish the family's egg supply. Three turkeys, dedicated to the Thanksgiving, Christmas and New Year's table, strut around the poultry yard until the near approach of these holidays.

On a three-acre tract at the edge of town, they keep a cow which keeps them in milk, butter and cheese. A calf and pigs share the acreage until butchering time. A garden there supplies fresh vegetables in season and provides plenty for canning and freezing.

Ruth's "spare time" hobby of handwork has grown into a project which adds a neat little sum to her pin-money. It all started with the dainty handkerchiefs, edged with fine crocheted or tatted lace, she made as gifts for her friends. Then her friends wanted them for their friends, on and on in ever-widening circle. It was like that with pillow cases. Her friends saw those she makes for her own home. Inevitably they wanted some for themselves or to use as gifts.

But with Ruth her family comes first in everything. There had to be time for handwork for her home—and small daughters do love dainty things. So while she had to limit her output for others somewhat, if you're in luck you can find some of Ruth's handkerchiefs at the gift shop in downtown Safford sometimes.

She was just finishing some at-

tractive pajamas for her girls when the women's editor dropped in at her home. On each pocket was embroidered a dainty flower design. Three-year-old Jimmy's and Spencer Jr.'s were monogrammed, as suited their masculinity. But the supreme surprise of the visit to this surprising household came when Ruth revealed that the pajamas were made from mesh feed sacks, laundered and bleached to snowy whiteness. Nothing goes to waste around that home—not even time.

For adept as she is in all the housewifely arts, Ruth Brinkerhoff somehow finds time to be a pal to the husband and four handsome youngsters which are the stars in her universe.

There are no degrees for accomplishments like that—none, save the highest degree of happiness.

It was a
057

Graham County Wants Its Milk Pasteurized

LOIS E. HARRISON

Mrs. Harrison is a home demonstration agent in the county whose changing attitudes toward pasteurized milk she describes here. "Every county in the United States should stage such a campaign," said Dr. G. E. Holm, head of the research laboratories of the U.S. Bureau of Dairy Industry, when he read this article.

INCIDENCE of undulant fever in Arizona, and locally in Graham County, has been relatively high. The cause was not hard to find. According to our doctors, back-fence selling of raw milk has been prevalent, contributing to the spread of milk-borne diseases. Since all towns of the Gila Valley are small, many families keep cows to supply their own needs and sell milk to neighbors. Practically none of this milk was pasteurized.

Out of this background grew our homemaking project in the Agricultural Extension Service, "Safe Milk and Home Pasteurization." Rural women brought the undulant fever situation to the attention of the County Homemakers' Council. This organization, composed of officers of extension homemakers' clubs and affiliated organizations, considered the conditions serious and voted to make the project part of the 1949 program.

The attempt to educate rural families in the necessity for home pasteurization of milk was well accepted. Special emphasis was given to undulant fever, though other milk-borne diseases were included in the study. From a leader-training meeting the project was carried to homemakers' clubs, church and school groups, and private service or social clubs. Two types of lessons were developed, each appropriate for the group with which it was used. One lesson combination included a movie and a lecture-discussion based on undulant fever and safe milk; the other, a lecture-discussion on the same subject, with a demonstration of ways to pasteurize milk at home.

A sound-color film, "Battling Brucellosis," borrowed from the University of Arizona, was shown 9 times to 283 persons. In addition to being presented by extension personnel, it was used at Gila College and by the veterans' farm trainee group. The movie tells of a family whose dairy herd is hit by Bang's disease and shows the subsequent action taken by

the family. A talk concerning the relationship of undulant fever in human beings to Bang's disease in cows followed the film in each case. Questions asked by the audience were answered.

A Teaching Outline

The milk pasteurization demonstration was given 10 times for 120 women. No attempt was made to give detailed information on disease. This teaching outline was used:

1. Discussion of brucellosis in cattle, swine, and goats and its control by cow testing, disposition of reactors, calf vaccination, sanitation measures, and a continuous testing program
2. Discussion of brucellosis in human beings, the ways of contracting the disease, its symptoms, effects, and treatment, and its control through use of pasteurized milk and milk products
3. Discussion of other disease organisms in raw milk: tuberculosis, typhoid, scarlet fever, dysentery, and septic sore throat
4. Emphasis on milk as a necessity for good health of young and old
5. Discussion of pasteurized milk and products as the only safe kinds
6. Use of temperature chart explaining heat and its destruction of disease organisms
7. Demonstration of three ways to pasteurize milk at home: (a) with open kettle or double boiler—dairy thermometer control (flash method), (b) with jars of milk set on rack in pail of water—dairy thermometer control (water-bath method), (c) with electric home pasteurizer
8. Discussion and demonstration of quick cooling of pasteurized milk: (a) to prevent growth of bacteria and (b) to preserve good flavor
9. Discussion of sanitary care of milk and utensils in the home
10. Summary

The equipment used for two portions of the demonstration was such as any farm homemaker would have on hand. Women were advised where they might purchase dairy thermometers. Each woman was given mimeographed directions for the first two methods. The electric pasteurizer used was one which the farm homemaker would find convenient. It was a two-gallon, water-bath type, in which the milk is

constantly agitated. The women were shown how to operate it, and many questions were answered concerning it. Each woman was given a list of available electric pasteurizers, with trade names, manufacturers, distributors, retail prices, capacities, and weights. Aside from group demonstrations, individual work was done with families who were not able to attend the meetings but who made special requests.

After a Parent Teachers' Association meeting at one school, devoted to the movie and a discussion of undulant fever, the audience asked for a pasteurization demonstration. The cook from the school's lunchroom was brought into the project. As is the custom in many rural schools, several children were bringing milk from their homes for community use. The safe milk project aroused the parents in this community because their children were drinking mixed-herd, raw milk. A pasteurization demonstration was given to parents, teachers, cook, and children. The hot water-bath and the electric pasteurizer methods were shown. From that day, the former method has been used in the school lunchroom. It is fully expected that, when the school board again makes appropriations, however, an electric pasteurizer will be purchased.

Professional Assistance

"Safe Milk and Home Pasteurization" was taught and publicized by more than formal group teaching. Two radio programs of the month were devoted to it. On one occasion, a local veterinarian, the county agent, and the home demonstration agent discussed "Brucellosis and Milk Pasteurization"; on the other, a local physician and the home demonstration agent discussed "Undulant Fever, Other Milk-borne Diseases, and Protective Milk." The Extension Service was fortunate to have the co-operation of professional persons in carrying out this phase of the program. News articles appeared weekly in the local papers.

All physicians in the county were interviewed so that we might learn their attitudes toward the project and get firsthand statements about the seriousness of undulant fever and other milk-borne diseases in the county. They all advocated the project and suggested many points to be brought out in the teaching. The worst condition, the doctors emphasized, was the back-fence selling of raw milk. This condition has been reported changed now because the families are pasteurization-conscious.

A survey made of several food stores showed that, before the safe-milk campaign, much raw milk was sold over the counters. By the end of one month of concentrated effort to inform the public of raw milk

dangers, however, considerably less raw milk was being sold at stores or at local creameries. Veterinarians reported many calls for testing of cows.

Most homemakers are now using the container and water-bath method of home pasteurization. This process involves expenditure for only a dairy thermometer, and it is a simple way of handling pasteurization as a kitchen task. Those who had been drinking raw milk say that milk treated by this method changes less in flavor. Although it is contended that milk pasteurized correctly shows no appreciable change in flavor, families accustomed to using raw milk reported that they "had to get used to the different taste of pasteurized milk."

Home Procedures

The open-kettle method is being used by some homemakers willing to take the time to stir and attend to the milk. Great care is needed in this flash method, for the milk can easily be overheated. A number of electric pasteurizers have been sold locally, and more would be bought if any were available that would operate on d-c current. The cost of electrical equipment is not great compared to the ease of operation and health value realized.

Naturally, reports come in that families realize the dangers of using raw milk but have not started pasteurizing yet because they are waiting until they can afford electrical equipment. It is hoped that these are few and that the continued pressure brought to bear by neighbors, as well as by extension personnel, will convince these families that they are exposing themselves to unnecessary health dangers.

Parents who are trying to educate their children about health, personal, and eating habits and who take health seriously were ready and eager to take on the additional homemaking task of home pasteurization of milk. Much good actually came out of the project; every day or every week inquiries are received regarding the hand methods of pasteurization, or regarding electrical equipment. Continued sales of equipment by local stores are real proof of the effectiveness of the safe milk campaign and teaching.

One homemakers' club is planning for the county fair a booth exhibit which will draw attention to the need for milk pasteurization and show how it can be done at home.

One satisfaction that came out of the project was the ultimatum announced by school youngsters in the community where both movie and demonstration were used. The children said, "We'll bring our milk for school lunches, but we won't drink it—not unless it's pasteurized."

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

B. House and Furnishings

Room Color Schemes Stemming from previous furniture work, the project "Room Color Schemes" was studied late in 1949. Leaders were carefully instructed by the home management specialist and the home demonstration agent in training sessions. Teaching kits were provided which included sets of rugs, linoleum, wall and woodwork colors, drapery and upholstery combinations. Traditional and modern adaptations were both illustrated in samples. Fabrics and colors for Arizona were given first emphasis. Women came to these project meetings with their own specific problems in mind, which they discussed freely, and for which they got usable help. The demonstration was given by leaders or the agent in seven meetings for a total of 146 women. A summary sheet of the leaders' reports follows this report section.

By home visits work on room color schemes was done with individual homemakers. Usable plans for color of walls, woodwork, furniture and draperies were made. By the use of a paint color selector the home demonstration agent and homemakers were able to make practical decisions. One homemaker with whom the agent worked had the aggravating problem of tiny, high windows on either side of a tall, narrow fireplace. By the use of color and draperies the smallness of the windows was camouflaged. The fireplace wall of the room was made to appear in proportion with the rest of the room.

Unless families are about to build, remodel or move, the results of this study may not be immediate. The principles learned about room colors will be used far into the future.

Furniture Restoring A furniture restoring special interest school was held in December and January, handled by the agent. One lesson taught how to strip a piece of furniture ready for repair, how to replace and retie springs, how to replace or attach webbing. The making of cases for springs was also taught with this lesson.

Lois E. Harrison
Graham County
1950

The second lesson taught the re-finishing of furniture wood parts, the padding of springs, and the making of underlinings. The third lesson showed how to re-upholster or make slip covers. Fabrics suitable for both types of restoring were displayed and studied.

Small and full size chairs were used in class instruction so that women could get all the benefit of the teaching and practice. Women were able to try their own hands at every job as it came along. After they were able to retie springs or fasten webbing or cut pattern pieces for slip covers, they felt much more confident that they could do the same things for furniture in their own homes. The agent had hoped that a real workshop school could be handled. Because of the number of ladies enrolled, the demonstration and trying-it-out method was used. Illustrative materials were prepared by the agent or borrowed from the state office. One homemaker who has done a great deal of carpentry and restoring of furniture in her own home assisted the home demonstration agent at the lessons. Bulletins or leaflets distributed were such that any homemaker may refer to them and feel confident to do her repair jobs: Furniture Repair, The Finish Counts, Furniture Renovation, Slip Covers, Key to Joining Slip Cover Pieces.

Thirty-seven homemakers completed the three lessons. Some had been waiting a long time for this particular school. Others had already started work at home. They were the ones who said "I wish I had known that when I was doing my furniture".

In May the agent worked with the Lebanon Relief Society on the same project. The president made a work demonstration of her own furniture. This was as extensive a job of furniture repair and re-upholstering as was done by any individual. The furniture was reinforced in the frames, the wood parts were re-finished, new padding was added, new upholstery was made. The whole group of women is thrilled over the president's "new" living room set of furniture.

Practically every month there are individual requests for assistance in the repair or recovering of furniture, and many bulletins from the office are furnished to callers. The agent has a complete line of repair job illustrative materials.

Lois E. Harrison
Graham County
1950

Principles of Lighting "Principles of Lighting" was a project which grew out of the continued room study in home furnishings. This project was handled in February through leader training and teaching. The lighting "intelligence test" which was a check-up on home lighting proved valuable to the women. Homemakers were very grateful to learn just what wattage of bulbs they should purchase and use for specific jobs. A light meter was used in the lesson - a device which showed pointedly the extent of eye-strain in the average home. The answering of questions such as - can you see to read in every chair in your home? - challenged women to carry out right principles of lighting. Proper heights of lamps were demonstrated and satisfied women in their questions about levels of light. The new "white light" was introduced to homemakers. They were urged to ask for this new type of bulb when buying. The agent feels that ladies followed through on this point, because local stores now carry the new bulbs. A summary sheet of the leaders' reports follows this report section. "Better Light for Better Sight" was the project slogan.

Lamp Shade Making School "Making Lamp Shades" was the special interest school carried in February and March. It appropriately followed the Lighting project, and no doubt extended the teaching of the basic project. Thirty-four women completed lamp shades in classwork. They were interested in making modern shades, and were immediately ready to forego the making of so-called French shades. Paper, parchment or plastic shades were made - some being washed with oil paint colors, some being left natural, some being covered with fabrics. The home management specialist and the home demonstration agent taught the first class section; the home demonstration agent the second by herself. Pictures of the ladies in action follow this report section.

The adapting of lamp stands to proper heights and the making of lamp stands were demonstrated. A few ladies built new lamps for their shades, others adjusted theirs to healthful dimensions. All were proud of themselves for having accomplished the making of lamp shades.

During National Home Demonstration Week an exhibit of lamp shades and stands was presented in the J. C. Penney Store in Safford. Large photographs showed ladies at work on their shades. A poster explained the sponsorship of the school. "Better Light for Better Sight" was emphasized in the display. As a tribute to National Home Demonstration work this project was chosen by county women as most exemplary of the year's work. The lamp shade making special interest school may be classed along with tailoring and furniture renovation as a paramount Extension Service aid to homemakers. A picture of the store window display follows this report section.

Lois E. Harrison
Graham County
1950

Drapery Making "Making Draperies" as a project was handled through the leader training system in October. An exceptionally good kit of sample draperies was passed about from club to club. "I wish I had known this when I made my draperies" and "I'm certainly glad I waited until after this project to make my draperies" are samples of homemakers' comments. That drapery making can be a simple job was a point of amazement to most women. Formerly it had been a job to be dreaded. Now women are looking forward to using their newly learned drapery making techniques. One particular feature that homemakers appreciated was the variety of pleats taught. No longer will "pinch pleats" be the only answer to drapery headings. A drapery sample kit is to be the permanent property of the headquarters office. County ladies are urged to borrow it at any time that they may use it to aid their home sewing. Leader reports for this project will come in next year.

Because drapery making is one subject in the Relief Society program for 1951 handed down from Salt Lake City, all groups have paid strict attention to having every homemaker possible see the drapery making demonstration. Some groups have scheduled it for teaching as far as into next February.

Looking Ahead Work in the line of home furnishings for the next year will stress "Room Arrangements" and "Room Accessories". Both these projects follow the pattern of study in home decoration started in the county about three years ago.

LEADER'S FINAL REPORT - COLOR IN HOME

Leader's Name _____ and Address _____
 GROUP SUMMARY
 County _____ Graham
 Reports submitted by 6 out of 6 groups

Name of Club _____

Date 1950 _____

This report gives final figures for your club and neighbors. It shows your accomplishments.

	Club Members	Neighbors
How many made a color plan for a room?	10	3
How many changed only some color item in a room?	21	
How many used color planning for a new house?	7	9
How many made other home decoration changes or plans because of this lesson?	12	3
How many meetings held other than club meetings, and number attending?	2	

Stories, comments, or pictures about project:

Unless one is about to build, remodel or move, the results of this lesson are not immediate. Principles learned will be used long into the future.

7 meetings held - total attendance 146

Cooperative Extension Work in Agriculture and Home Economics,
 the University of Arizona College of Agriculture and the
 U. S. Department of Agriculture Cooperating.

052

G R O U P S U M M A R Y

LEADER'S FINAL REPORT

LIGHTING IN HOME

Reports submitted by
4 out of 5 groups

Leader's Name

and

Address _____

County _____

Graham _____

Name of Club _____

Date _____

This report gives final figures for your club and neighbors. It shows your accomplishments.

	Club Members	Neighbors
How Many checked lighting in home?	25	37
How many improved "quality" of lighting?	10	32
How Many improved "quantity" of lighting?	10	33
How many secured some piece of lighting equipment for better light in home?	12	32
How many changed or selected wall and ceiling colors for good lighting?	6	2
Number of club meetings on lighting <u>6</u>	Attendance <u>63</u>	
Number other meetings of lighting <u>5</u>	Attendance <u>93</u>	

Stories, comments, or pictures about project:

Since lamp shades were made in a special interest school,
many women other than club members benefited from this lesson.



Mrs. Vinnie Marshall and Mrs. Arilla Farley sewing lamp shades onto rings



Mrs. Cressa Nelson gluing lamp shade seam



Mrs. Thelma Carpenter and Mrs. Cressa Nelson gluing lamp shade seams



Mrs. Ruth Harrison and Mrs. Lucy Campbell sewing edge binding on lamp shades



Store window display in Safford publicizing work done in one special interest school - Lamp Shades - 1950



Home demonstration agent showing two homemade lamp stands and shades. She is holding a lamp made of native, desert manzanita wood. - 1950

Arizona Homemaker

Shades for the Lamps of Graham

Greenlee Women, Too, Follow Up "Better Light, Better Sight" Classes



Thelma Carpenter, left, glues the seam in her lampshade while Cressa Nelson prepares her material for putting onto the frame. Both are of Thatcher. The Thatcher Relief Society Hall has been made available to the Graham County Homemakers clubs for regular sessions and special interest group meetings.

THERE'S been shady business going on among the women of Graham and Greenlee Counties now for several months. In fact, it goes on at public meetings anybody may attend. But hold everything, before you call in the law! They'd approve of it anyhow.

For this shady project is merely a follow-up of the "better light, better sight" study made by the homemakers clubs of the two counties under the supervision of Lois Harrison, county home demonstration agent. It isn't in the nature of woman to have anything utilitarian in her home without seeking a way to make it decorative as well. So: better light, better lamps; better lamps, prettier lamp shades!

But lamps, particularly those that are decorative as well as practical, are not exactly cheap. Just the same, with their newly acquired knowledge of the necessity for eliminating pockets of darkness to avoid eye strain from overworking the eye muscles, there just had to be more lamps. So the Graham-Greenlee homemakers did the logical thing. They asked for and received instruction from Mrs. Harrison and Grace Ryan, home management specialist for the Extension Service, in making lampshades. Fifty-two homemakers—30 in Graham and 22 in Greenlee—completed the project in class and a number of others learned the fundamentals and completed their lampshades at home.

Working with shades, they discovered how simply a lamp is constructed and the next thing anybody knew, new floor lamps, reading lamps, table lamps and boudoir lamps, made by the woman of the family, were showing up in nearly every home. Average cost of materials was \$2 for a product which would cost from \$10 to \$25, if it were bought on the retail market.

Ingenuity broke out like measles when it came to planning the lamps. For instance, Flora Munkres, president of the Morenci Homemakers, acquired the junior floor lamps from clubhouse furnishings which were being replaced. She cut them down to the right height for table lamps, restrung the wiring, made new shades to conform to her decorative scheme,

and has outstandingly pretty lamps for her trouble.

Wilma Cox of Plantsite, encouraged by her success at remodeling an old bridge lamp into a swank modern torchere, decided to go all the way and make another "from scratch." Selecting a beautifully grained wood for the flat base, she made the upright out of half-inch pieces, gluing half-round dowels on the outside, stained the whole thing walnut, added a harmonizing lampshade, and had a beautiful as well as useful room accessory at little cost.

Then there was Mary Moyers of Plantsite who found a way to put war souvenirs to use. The souvenirs were bullet casings about 14 inches long. She, with the help of her husband, arranged each on a base, put the running thread (what the electric cord goes through) in place, fitted on the bulb connections, polished the brass and had a pair of unusual lamps.

But even that wasn't the end of the lamp deal for Mrs. Moyers. She took the wooden spools which come in the ends of heavy wrapping paper, such as butchers use. Starting with a flat board base, she strung a brass

spacer, then a spool, another brass spacer, then another spool, until she had her lamp the desired height. Then she put her bulb connection on top, stained the spools, polished the brass spacers, added her shade—and another lamp anyone might envy her.

Two lamps made by homemakers were on display in Lois Harrison's office when the women's editor visited there, and prettier ones would be hard to find in anybody's furnishings department. Nina Uptain of Lebanon had used a dainty, light-colored figurine standing on dark plastic as the base for her lamp. The shade was of heavy paper in modified conical shape. Juanita Sims of Fort Thomas used manzanita, shaped to resemble a vase showing the natural grain and marbled coloring of the wood, for the base of her table lamp. The shade she made of parchment, washed inside with oil paint in soft green.

Just about every conceivable material was used by the Graham-Greenlee homemakers in making their shades: Gingham, shantung, cotton gabardine, light weight monk's cloth, burlap, parchment, paper, opaque plastic—and some very attractive ones were made from gunny sacks. Decorations varied from hand painting, stencilling and embroidery to staining the inside with oil paint (the kind bought in tubes) mixed to extreme thinness with turpentine and applied with brush or swab.

Some bought new frames, others recovered old frames. Some finished only one shade during the classes, others made more, but Clara Hancock of Thatcher topped the record with six completed during the classes.

And it looks like the good work is going to go on, judging from the inquiries Mrs. Harrison has received from women in that area as to where they can buy lampshade patterns and the rings which must be used in the top and bottom. Good HDA that she is, she scouted her territory and came up with the information that a packet containing rings and patterns can be had for around 50c from the Arizona Studio, 16 West Broadway, Tucson. Materials, of course, can be found anywhere—even in the granary on the farm.



Ruth Harrison, left, and Lucy Campbell, both of Morenci, at work on their lampshades at a meeting of the Morenci Homemakers Club held in the lounge of the Phelps Dodge men's dormitory. The lounge has been made available to the Greenlee County Homemakers Council for all leader training and special interest meetings. The Morenci club also holds its monthly meetings there.

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

C. Nutrition

Project Standing Nutrition as a subject covers such a wide field that it is difficult to say where is the dividing line between "Health" and nutrition, "Food Preparation" and nutrition, or "Food Preservation" and nutrition. It was definitely a part of the county program, but projects involving nutrition can best be described in the sections of "Food Selection and Preparation", "Food Preservation", and "Health and Safety". Newspaper articles and radio talks supplemented food studies and emphasized the nutritive value of foods and the choice of foods.

Project Activity The following paragraphs are taken from the monthly narrative of February. "For whatever reason there has been evidenced an increased interest in home milk pasteurization. Whether it has come about because of more cows coming fresh, or the fact that just about a year ago a campaign for home milk pasteurization was made, the agent has not determined. At any rate, numerous inquiries have been made concerning the purchase of dairy thermometers and electric equipment. The sales manager of one of the local stores reported to the agent that he had sold eight electric pasteurizers and twenty to thirty other pieces of equipment for milk pasteurization during the last few weeks. It is with satisfaction that these reports are heard."

"The agent gave a talk "Eat and Stay Young" for the business women's organization. The talk was patterned after one given by the Extension Service nutritionist at the 1949 annual conference. The girls of the club by their discussion questions seemed most interested in nutrition for nerves. The home demonstration agent wonders if this busy world is responsible for malnutrition among working women, who, it seems, just do not take time to eat properly. The importance of breakfast was particularly emphasized. A wheel-of-good-eating chart was given to each young woman."

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

D. Food Preservation and Storage

Main Project Six pressure cooker testing clinics were held in as many communities in June. Two years ago community clinics were held in this manner, one year ago the testing was handled through trained leaders in homemaker clubs. Because it seemed that too few cookers were tested through the club project, the agent considered that again town clinics should be held. However, in the six clinics only 35 canning-size pressure cookers were tested. Several factors may have an effect on these results -- many more home freezers being in use, each year less in the amounts of vegetables and fruit grown in the county, the fact that the women who do can are using to a greater degree the public canneries. It was considered that all the homemakers in one community availed themselves of the cooker testing project. All ladies were either present at the clinic or sent their cookers by friends. The agent was interested to happen upon a colloquial difference in the meaning of "bottling" and "canning". It appears that women "bottle" any food put into glass jars in the home, that they "can" food in tin cans either in the home or at the public cannery.

At all cooker clinics an exhibit of correct jars and their appropriate lids was displayed. The agent gave an illustrated lecture to each group of women assembled on the use of standard and non-standard jars for canning and jelly-making, the most satisfactory use of various sized jars, and the correct lids for certain jars and certain foods.

Five bulletins were issued to each woman taking advantage of the cooker testing service -- How to Can Fruits and Vegetables, Home Canning of Meats, Take Care of Your Pressure Cooker, Spoilage and Poor Quality of Home Canned Foods, and Canning Chili Peppers and Tomatoes.

Individual Assistance A few homemakers make all-out efforts to can, preserve or freeze most of the foods for their families. These few have been assisted by the home demonstration agent in problems ranging from "canned green beans" that are soft" and "soft dill pickels" to "head cheese" and "corn relish like Mother used to make".

Two homemakers made cheddar cheese in the spring. This homemaking job is one that has fallen by the wayside. However, by having husbands make cheese presses, these ladies have satisfied their innate thriftiness and have stored nutritive food values for their families. A picture following this report section shows one homemaker, one of her cheeses and the home demonstration agent.

Lois E. Harrison
Graham County
1950

Teaching
Through
County Fair

In connection with the pressure cooker testing clinics and through the summer prior to county fair time women were advised about proper jars, lids, and preserved foods. In meetings, by newspaper articles and radio it was urged that homemakers can economically for their families, then pick their best jars for competition in the county event. Definitions for the various kinds of pickles, jellies, jams, and preserves were published in the local newspaper and distributed through homemakers' clubs and other organizations. Copies of these definitions follow this report section.

The Food Preservation School for agents held by the state nutritionist brought all workers up-to-date on latest economies and methods of home food preserving. The training received in judging canned and preserved foods was relayed through project teaching and the county fair. Latest equipment for and methods of freezing learned at the school were passed on to homemakers through individual assistance and publicity channels.

Outside
Cooperation

One local sales manager talked over with the agent possibilities for and ways to handle public freezing demonstrations. Extension Service cooperated by suggesting competent demonstrators, seeing that instructions were correct and issuing bulletins personally requested after the demonstrations.

A home furnishings store owner discussed with the agent possibilities for home demonstrations of various types of electric equipment - freezers, refrigerators, stoves, washers and ironers. The names of women who might like to have such a job were offered by the home demonstration agent. This particular kind of home service was not carried out, to the knowledge of the agent. However, she does think that homemakers would use more confidently and efficiently their modern equipment if they were specifically shown proper and economic operation.



Mrs. Ruth Brinkerhoff of Safford
showing the home demonstration
agent her homemade cheese, whole
wheat bread, and butter - 1950

STANDARDS FOR PICKLES AND RELISHES

Brined or Cured Cucumber Pickles

Whole or in uniform pieces of suitable size
Clear, even color with no white or off color spots
Crisp and firm throughout, no soft areas or shriveled parts
Piquant and pleasing characteristic flavor, well blended
Not too acid, spicy or sweet and no off flavor

Quick Process Pickles

Not as crisp texture as long-brined pickles
flavor differs from long-brined pickles

Pickled Fruits

Whole or in uniform pieces of suitable size
Clear and bright color, not darkened by overcooking
Tender and plump
No broken skins or flesh
Not shriveled or overcooked
Not watery
Evenly blended characteristic flavor
Not too acid, spicy, sweet, and no off flavor

Relishes

Clear, bright, uniform color
No darkening or discoloration due to excessive spices or overcooking
Distinct characteristic flavor
Not too acid, spicy, sweet and no off flavor
Consistency right for kind
 Catsup smooth, thick enough to prevent separation but not too thick to pour
 Chili sauce, same thickness as catsup but not smooth because made of chopped ingredients
 Most other relishes - crisp, firm, fairly uniform pieces of vegetables with very small amount of liquid

Piccallilli

Green tomatoes, green eppers, onions (sometimes cabbage)

Chow Chow

Pepper, celery, cauliflower, cucumber, onions; sometimes tomatoes, string beans

PINT JAR TO MEET REQUIREMENTS OF STATE FAIR

Zinc lids should never be used. It is also preferable not to use metal lids with self sealing compound. Sharp acid foods like pickles eat into metal if directly touched.

BREAD - AND - BUTTER PICKLES

4 quarts thinly sliced medium-sized cucumbers	1/3 cup salt
6 medium white onions, sliced	3 cups distilled white vinegar
1 green pepper, cut in narrow strips	5 cups sugar
1 sweet red pepper, cut in narrow strips	1 1/2 teaspoons turmeric
3 cloves garlic, whole	1 1/2 teaspoons celery seed
	2 tablespoons mustard seed

Sprinkle salt over layers of the freshly prepared vegetables. Then mix a tray of ice cubes through the pickles. Put another trayful on top. Let the vegetables stand for 3 hours, adding more ice if necessary. This ice salt mixture will help make the pickles especially crispy.

Drain cucumber slices thoroughly; discard the icy salt water. Divide the pickles into two batches and cook in two kettles in order to keep the pickles crisp and green. Combine the vinegar, sugar and spices. Pour over the cucumber slices. Heat just to boiling. Ladle into hot, sterilized pint jars and seal. Let them stand at least one month before using. This recipe makes 8 pints.

S C O R E C A R D PICKLES & RELISHES

Appearance	15
Choice and Proportion of materials	15
Condition	10
Flavor and taste	30
Pack	20
Container	10
Total	<hr/> 100

077

DEFINITIONS FOR JELLIES AND PRESERVES

1. Jelly is a combination of fruit juice or juices with the right proportion of sugar, which, cooked to the right stage, becomes a clear tender, sparkling, transparent, quivering mold.
2. Preserves are made usually of one fruit, but more than one may be used. The fruit is whole or cut into large pieces and cooked in a syrup until clear and transparent, tender, firm, crisp and well-plumped. The shape of the fruit is retained. The juice is of a thick, syrupy consistency and enough to surround the fruit.
3. Marmalades are made of whole small fruit or small pieces of fruit cooked in a syrup until clear and transparent. The shape of the fruit is retained and should be evenly distributed throughout the juice, which is of a jelly-like consistency, though not firm enough to hold its shape when turned out onto a plate.
4. Jams are usually made of one fruit. The whole small fruit or small pieces of larger fruit are crushed or jammed together into a shapeless mass of an even, soft consistency thick enough to spread and easily divided into portions with a spoon. The fruit is evenly mixed with the juice which is not separated from the fruit and is of a jelly-like consistency.
5. Conserves are a jam-like product made of two or more fruits. They may or may not contain nuts or raisins. They are made of very small whole fruit or fruit cut into small pieces, cooked until crushed or jammed together into a mixture of an even, soft consistency. The liquid is slightly jelly-like in character. The name and flavor of the conserve is that of the dominant fruit.
6. Fruit Butters are smooth, even, fine grained mixtures of medium soft consistency, without seeds or distinct pieces of fruit and with no evidence of juice as a separate liquid. Butters are less sweet than jams, preserves, marmalades or conserves.

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

E. Food Selection and Preparation

Main
Project

"Meals-Family Style Service " was the title of the food preparation club project. A training session prepared leaders to teach in their own groups. Accent was put on the table service of the meal and the family problems of group eating. The one menu planned for the demonstration lesson was simple -- fruited lamb made in a pressure cooker, tossed mixed vegetable salad, quick whole wheat bread, butter, peppermint candy mousse. The lesson was so devised that at each club meeting family members could be picked who would take the parts of father, mother, sisters, brothers. Each person had designated jobs in the meal preparation, table setting and family style service at the table.

When one realizes that cowboys and general workmen not in the habit of serving at the eating table might balk, one realizes also questionable success of this lesson. When it is looked upon as a means of family participation, way of teaching family respect, good psychological attitudes, and family love shown by the father's serving at the family table. Reports have come to the agent that a large enough number of men are actually trying it to prove that the project was definitely worthwhile. Mothers have started the ball rolling by taking over the job of serving at the table. More fathers may fall in line.

A summary of the leaders' reports for this project which follows this report section show that practically every homemaker who attended any meeting for the "Meals-Family Style Service" lesson has improved in some way her family meal time.

There was a definite adverse reaction among the local families to the serving and eating of lamb. Although ladies who attended the training school admitted they liked and enjoyed the lamb, they demonstrated in their own meetings almost to a person by using beef. Among cattle-raising families and in general here in this part of the southwest, lamb is almost not tolerated as a food. Rarely can it be purchased outside of a large city market. It was used in the training lesson especially to show homemakers that it is a tasty meat and can be served attractively. A few ladies have reported to the agent that they have found that their families will eat it occasionally.

Lois E. Harrison
Graham County
1950

Circular Letter The main emphasis of the Christmas letter was the making of a Christmas up-side-down cake. A cranberry-apple combination proved to be intriguing when the only up-side-down cake most homemakers were familiar with was pineapple. The agent prepared the new recipe and took it to club meetings to which she went during December. Everywhere the dessert was acclaimed with real approval. At one covered dish supper, the men present passed by the pumpkin pie to have two or more servings of the cranberry-apple holiday time cake. A copy of the Christmas letter giving this recipe follows this report section.

General Assistance Menus and recipes for quantity cooking were given to schools and camps. Recipes and baking helps were given on all manner of cookery - from pie fillings to fruit cakes and yeast breads. It was pointed out to women of the county by radio and newspaper that angel, sponge and fruit cakes need no icings. This way of teaching must have had its effect, because no icings on these types of cakes appeared at the county fair.

As the winter season began the agent devoted one radio program to telling about two particular recipe bulletins available through the Extension Service office. She made this program with a sort of test of listening audience in mind. The two pamphlets chosen were "Sweet Potato Recipes" and "Grapefruit Desserts". Both the foods described were winter season specialties. The number of requests which came in for the bulletins immediately following the radio program were gratifying.

Food preparation requests for advice and bulletins have been constant during the year. Requests about the purchase of cookware, stoves, refrigerators show that homemakers are serious about nutritious and economic cooking and serving of food. Newspaper articles and radio talks have supplemented project work or individual assistance to emphasize nutritious and attractive preparation of food.

Looking Ahead Project work in food preparation for the next year will be centered around "Food and the Difference in Health". This study is an outgrowth from projects of the past two years - "One Dish Meals" and "Meals-Family Style Service."

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

University of Arizona
College of Agriculture and
U. S. Dept. of Agriculture
Cooperating

Agricultural Extension Service
Office of Extension Nutritionist

G R O U P S U M M A R Y

LEADER'S REPORT

Reports submitted by
5 out of 6 groups

The Family Meal Hour

Leader's Name _____

Mailing Address _____

Club _____

As a Result of Meeting on The Family Meal Hour	Club Members	Others (Relatives, neighbors, friends, 4-H members, etc.)
How many have made mealtime a more pleasant occasion in their homes?.....	40	19
How many have a more orderly table service?.....	41	8
How many have helped give each member of the family some responsibility at mealtime?.....	25	3
How many have worked out ways of having their families company manners become everyday manners?.....	12	2

Relate here or on the back of this sheet any interesting experiences you or your club members have had as a result of this project.

6 meetings held - total attendance 61

Directions: Please fill out this sheet at your September club meeting and return to Mrs. Lois Harrison, your home demonstration agent, Safford.

4-233
1/50
5c.

COOPERATIVE EXTENSION WORK

IN

AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture

State of Arizona

Agricultural Extension Service
Home Demonstration Work

U.S. Dept. of Agriculture

Safford, Arizona

County Agent Work

and Graham County Cooperating

December, 1949

MERRY CHRISTMAS TO EVERYONE !!!

Christmas is the one day in the year, of all the holidays, when worship, hospitality, gift giving and gracious feasting merge into a ceremonial. The Christmas tree may reach to the ceiling laden with tinsel, or it may be a tiny glowing bush - no matter which, the symbol of the spirit is there.

Christmas is the day to reaffirm one's faith and to renew one's hope; to be at one's best and prettiest, to extend to all who come home for Christmas a sincere and gracious hospitality.

Would a Christmas candle centerpiece make your table festive? Here's how you make it -- hollow out the centers of the reddest and shiniest apples you can find, and put Christmas-tree candles in the openings. Arrange the apples in a pyramid in the center of a bed of holiday greens. Light the candles just before your guests sit down.



Would a Christmas Upside-down Cake make your dinner sparkling? Here's how you make it:

- | | |
|-----------------------|--|
| 1 cup sugar | 1-1/2 cups fresh cranberries |
| 1/4 teaspoon nutmeg | 1/4 cup water |
| 1/2 teaspoon cinnamon | 3 tablespoons melted butter or margarine |
| 2 cups sliced apples | |

Mix together sugar and spices. Sprinkle half mixture over bottom of a glass baking dish, 8"x8". Arrange apple slices along 2 parallel sides and cranberries in the center strip. Sprinkle remaining sugar mixture over the fruit (more on cranberries than apples). Pour water and melted butter or margarine over fruit.

Cake Mixture

- | | |
|-----------------------------------|-------------------------------|
| 1-1/2 cups sifted, enriched flour | 1 teaspoon grated orange rind |
| 2 teaspoons baking powder | 1/4 cup shortening |
| 1/2 teaspoon salt | 1/2 cup milk |
| 1/4 cup sugar | 1 egg, beaten |

Sift together flour, baking powder, salt and sugar. Add orange rind. Cut or rub in shortening. Combine egg and milk, and add to flour mixture, mixing thoroughly. Spread evenly over fruit. Bake in moderately-hot oven (400°), about 35 minutes. While still warm, serve with hard sauce, or if cool serve with a hot vanilla sauce.

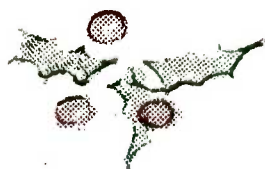
Would a Christmas game make your after-dinner party more fun? Here's how you play it. Package-tying Race: requires 2 teams which stand in lines opposite and facing each other. The head of each line receives a ball of string, the loose end of which he must hold tightly. At the signal, the ball, being unwound by each player, is passed down the front, around the end of the line, and up behind the backs of the players until it reaches the captain again. The team wins which first succeeds in thus tying itself up. Even more fun is the untying-race, for the string must be rewound onto the ball as it passes down the back and up the front of the line to the captain.

Sincere thanks for your loyalty and cooperation for Extension Service through the year, and our best wishes for a happy holiday season.

Sincerely yours,

Lois E. Harrison
Home Demonstration
Agent

LEH/lg



Lois E. Harrison
Graham County
1950

III. Project Activities and Results

F. Health and Safety

Club "Cancer Education" was stressed in the county by four or
Project five groups. This was a continuation of community work
Work done the year before. The president of the county council
attended a school offered by the Arizona Division of the
American Cancer Society held in Phoenix. Later she was the
key person to arrange for films and speakers for community
groups desiring such programs.

The Ft. Thomas Homemaker Club gave an excellent educational
and entertaining program for the public. They turned their
regular club meeting into a night gathering at the school
house. Two films of Cancer Education were shown - "The
Traitor Within" and "A Question in Time". A local physician
spoke to approximately 50 persons on the subject of cancer
detection and possible cure. He stressed the warning symptoms
and the necessity of immediate action when a suspicion of
cancer is present. He stated that no one may consider him-
self immune, and gave figures showing that cancer is the
number two killer. A one-act play "The Neighbors" was
learned and presented as entertainment.

Two homemaker clubs carried out a lesson connected with
health entitled "Feet and Shoes". A local man trained in
orthopedic study and the fitting of shoes spoke on foot
health related to personal health and comfort. He put
special stress on the right shoes for children. Charts,
drawings and sample shoes with which he illustrated his
talk were very effective. The agent thinks that this
valley resident was of valuable assistance to Extension
Service in teaching this particular lesson. Both these
clubs held their meetings at night in order that fathers
might attend.

The manner in which these health projects were made to
include husbands and communities in general shows that
homemaker clubs are thoughtful of all folks as well as
active members.

The homemaker club in one isolated community has continued
the services and use of their nurse's kit. Twice during
the year they held supper-and-dance events by which they
earned money to replenish stock in the kit. The collection

of medical and first aid supplies is adequate to take care of any emergency of rural living. A physician assembled the entire outfit. It is contained in a cabinet built according to specifications of the army. The kit is kept in the home of a registered nurse who lives in the community. It is under lock and key and may be used only under the direction of this nurse. She reports that no day goes by without her giving attention of some kind to one or more patients. The whole community is sincerely appreciative of the efforts and service of the homemaker club. The women's editor of the "Arizona Farmer" made a special trip into this community to talk with and know the ladies responsible for such a commendable service to neighbors. The news story she published follows this report section.

Public
Attention

In observance of National Safety Week in April a letter signed by both the county agent and the home demonstration agent was sent to the office mailing list. Similar two-color stencil letters were issued in July and October to remind folks of National Farm Safety Week and National Fire Prevention Week. Both directed attention to home and farm safety and fire prevention. Over 1,000 copies of each were mailed. The regular newspaper columns of the home demonstration agent for both these weeks were devoted to special safety suggestions. Posters were displayed in public places. Throughout the entire year a "Safety Pays" tip is included with the weekly column, thus making the campaign continuous. Copies of these letters and "Safety Pays" follow this report section.

In the spring a public vote was taken on the question of building a county hospital. Money for the institution would come from Federal, State, and County funds. The measure was voted against. In August the only hospital in the county, privately managed, was closed. Thereafter the County Medical Association succeeded in getting money and equipment to convert a hotel into a hospital. It was opened in September, and serves all communities more efficiently than did the private institution. There are now four medical clinics and the one hospital in Safford, the largest town of the county.

Cooperation

Doctors and school nurses in the county have been very cooperative in giving examinations to 4-H club members. All young folks who have attended out-of-county events have been examined free of charge.

Looking
Ahead

"Food and Family Health" and "Diabetes" are subjects of projects to be studied in the coming year. These follow through on the general pattern of health considerations. They were selected from program requests by the County Council as most important for the next year and suitable to carry forward the long term goals set up by the County Council.

COOPERATIVE EXTENSION WORK

IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U. S. Dept. of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

State of Arizona

Safford, Arizona



A R E Y O U ?

KITCHEN? Are--?

Utensil handles turned away from stove edges?
Curtains away from possible flames?
Flues, pipes and chimneys inspected?
Matches out of reach from children?
Floors rubbed thoroughly after waxing? Waxed too much?
Knives, sharp ones, washed separately from other cutlery? Children taught this too?

BATHROOM? Are--?

Slippery floors provided with rubber mats? In tub, in shower? Large enough to hold?
Electrical appliances kept away from tub, shower, or places that are wet?
Poisons kept under lock and key? or protected with sandpaper labels?
Drain cleaners, lye, etc., kept out of reach for everyone's mistake?

LIVING ROOM? Are--?

Outlets protected for small children?
Lamp cords and other cords safe - never under rugs?
Objects cleared out of runways through rooms for night travel?
Dim night lights used for protection?

YARD?--Are--?

Your tools set up so no one can fall over them.
Rakes and hoes set with sharp edges turned down?

AND: Is your garden hose still across the sidewalk for people to stumble over

LET'S MAKE GRAHAM COUNTY HOMES SAFE ALWAYS FOR OURSELVES AND LOVED ONES!!

Sincerely yours,

Lois E. Harrison
Lois E. Harrison
Home Demonstration Agent

S. L. Owens

S. L. Owens
County Agent

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Gafford, Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

July 22, 1950

Agricultural Extension Service
Home Demonstration Work
County Agent Work

NATIONAL FARM SAFETY WEEK

July 23-29, 1950

"LEARN AND OBEY FARM SAFETY RULES"

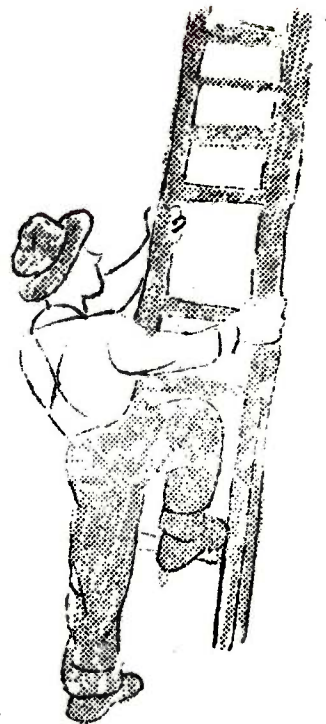
1. For machinery and equipment
2. For buildings and farmyard
3. For handling of animals
4. For hand tools
5. For fire protection
6. For the farm home
7. For sanitation and health of the family

Lois E. Harrison
Lois E. Harrison
Home Demonstration Agent

S. L. Owens
S. L. Owens
County Agent



Dry clean outdoors
1950:13



Keep ladders repaired

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U. S. Dept. of Agriculture
and Graham County Cooperating

State of Arizona
Safford, Arizona

Agricultural Extension Ser
Home Demonstration Work
County Agent Work

**FIRE
YOU**

NATIONAL FIRE PREVENTION WEEK OCTOBER 8-14, 1950

"THE FARMERS' annual loss from fire would build about 50,000 out-buildings at \$2,000 each and these structures, stood end to end, would form an unbroken wall 500 miles in length" !!!!

THIS PAST YEAR GRAHAM COUNTY has had less than a dozen farm fires. BUT that is too many! WHY NOT A YEAR WITH NO FARM FIRES!

CHECK AND DOUBLE CHECK:

Get rid of all rubbish inside and out

Store gasoline and kerosene away from buildings

Use cleaning fluids that are not inflammable

Protect buildings with properly installed and well maintained lightening rods system

Combustible roofs are a major fire hazard. Make sure that your roof is of fire retardant material

Defective chimneys and heating apparatus are major causes for farm fires. Clean your heaters and chimneys at least once a year

GRAHAM COUNTY SOMETIMES HAS HAY FIRES: Thoroughly cure hay or roughage. Spontaneous combustion may cause you and your family a heavy loss. LET'S

OUTLAW FIRE IN GRAHAM COUNTY!!

Sincerely yours,

S. L. Owens, County Agent

Lois E. Harrison
Home Demonstration Agent

SLO:LEH :lg

SAFETY PAYS: This is really hot weather, and you might go looking for combustible materials that catch fire easily—watch out for oily cleaning rags, and stacks of newspapers. Put the rags into a tin can, and get rid of the papers.

SAFETY PAYS: All children, old and young, need to be constantly reminded of safety rules as they start back to school.

SAFETY PAYS: Carry your farm and home safety thinking with you onto the highways.

SAFETY PAYS: Do you always place your electric fan in such a way that it cannot hurt any one?



Medical and First Aid Kit
maintained by the Klondyke-
Aravaipa Homemaker Club for
the community

The Arizona Home

Haven Off the Highway

Aravaipa Homemakers bring Health, Recreation and Spiritual Opportunity to their Isolated Community



Many miles of travel are represented by this group of Aravaipa homemakers who gathered for an all-day meeting at the ranch home of the Roy Claridges in upper Aravaipa Canyon. Lois Harrison, Graham County home demonstration agent, left, and Lucy Turner, fourth from right, drove 60 miles each way to be there. Some, of course, came lesser distances, yet in the canyon the next-door neighbor is always miles down the road. Others pictured left to right are: Gertrude Pointer; Eleanor Claridge, hostess; Jean Dowdle; Jane Weathersby; Mrs. Jesse Simms and Robbie Shaw.

By PAULINE BATES BROWN

DEPUTY Sheriff McNair banged loudly on the door of the Newell Weathersby ranchhouse in Aravaipa Canyon early in the morning of last Fourth of July. And even though it was just 3:30 o'clock, almost before he could call her name Charlotte Weathersby was out of her bed, into her robe and at the door. Calls like that are not unusual at the Weathersby home, for Charlotte is often the force that stands between life and death in that remote canyon, 60 miles away from Saiford and the nearest doctor.

This time it seemed death might have the upper hand. Deputy McNair had ridden on ahead to tell Charlotte that a seriously injured man was being brought to her and would arrive almost immediately. Charlotte flew to work, putting water to boil and preparing to make the patient comfortable on his long ride to the hospital, if he should be able to make it.

The injured man was a mine worker who lived some eight miles up the canyon from the Weathersby ranchhouse. His personal Fourth of July celebration had started on the night of the 3rd and sometime after midnight he had thought to start the fireworks off suitably by exploding a dozen dynamite caps, five of which had fuses. The result, as Deputy McNair described it, was something terrific. Summoned from his home two miles away, he had helped to put the man on a mattress loaded onto a truck and hurried to apprise Charlotte of the situation. The truck was to follow him closely.

More than an hour after McNair's arrival, the patient got there. Seriously hurt though he was, he had insisted on being taken by the homes of several of his amigos to tell them he was going to die. And it looked to Charlotte like he was right. His knee cap was blown away, his face and arms were riddled. The mattress on which he rode was blood-soaked and his body so drained of blood that he was no longer bleeding from his wounds. He was in severe shock, as cold as death itself.

Charlotte applied tourniquets, gave him a hypo to reduce his suffering, wrapped him in blankets, surrounded him with hot water bottles and the

truck serving as an ambulance took off on its 60 mile journey, with strict instruction not to visit any more amigos. Today the man is back in the canyon, seemingly little the worse for wear except for a few scars and a knee which never will bend again.

A few months before, it had been

a 17-year-old bride who was brought to Charlotte for treatment. Probably June Rhea, wearing an open fireproof coat one cold December morning. When the coattail caught afire and she could not untie the knot in the belt which held the garment to her, she ran outside in panic. Fortunately her young husband, Milton, saw her, caught her and extinguished the flames. The call was close enough that her hair was singed, she received third degree burns under her arms and on her sides and she was suffering from shock when she reached the Weathersby ranchhouse.

Charlotte dressed the wounds, stripping wide strips of charred skin from some areas in order to treat the deeper burn, treated her for shock and gave her a hypo to ease her pain until she could reach the hospital. Today there is nothing in June's appearance to indicate her brush with the Grim Reaper.

But those are only two of the almost daily calls upon Charlotte Weathersby's skill and kindliness. Almost every ill that mankind is heir to has been presented for her treatment sometime during the 22 years since she left nurse's training at St. Joseph's hospital in Phoenix a few months before graduating to marry Newell Weathersby and make her home on their cattle ranch in Aravaipa Canyon. For a long time she carried the burden of the canyon's health problems on her own shoulders. But medical supplies are expensive and often there was no replacement for the medicines and bandages she

(Please Turn to Page 34)



Called into almost daily use is the medical kit Aravaipa Homemakers Club keeps filled for the use of their isolated community, where mining and ranching activities add to the hazards of every-day living. Charlotte Weathersby, trained nurse and club member, keeps the kit in her home which is as near centrally located as possible in an area where homesites follow no pattern. Lois Harrison, HDA, is pictured as she looks over supplies in the cabinet.

contagious diseases. So, with the financial backing of the Homemakers, the consent of school authorities and the counsel of Dr. Knight, the three nurses arranged to give whooping cough shots, etc., to pupils whose parents would give their permission. As a means of fostering interest in sanitation, the club set up small prizes for neatness and cleanliness. And to protect their youngsters against careless drivers which infest even that remote region, club members kept at highway authorities until the road past the schoolhouse was adequately marked as a school zone.

But even then the Aravaipa Homemakers were not satisfied. Health safeguards had been erected, a start toward community recreation had been made, but still there was no opportunity for religious worship nearer than Safford. Home religious training was given more attention, perhaps, than in church-going communities, but the dignity of public worship was missing. Establishing

home problems, community recreation came prominently into the picture. Maybe the fact that two other trained nurses had moved into the canyon—Bessie Buhl 10 miles closer to town than Charlotte and Gertrude Pointer at the end of the road 12 miles farther in—had something to do with the health situation being tackled first. Training was no good without medical supplies, and proper selection of supplies to meet most emergencies was important. So the trio of community-spirited nurses went in to Safford to confer with Dr. Knight.

Dr. Knight not only suggested the supplies which should be kept on hand but the kind of kit that would be handiest. Then he drew up specifications for it and took them to Brooks Lumber Company in Safford to be built. The lumber company, on learning its purpose, donated the lumber and the labor as their part in a worthy community enterprise. The result was a carefully-planned, well-made cabinet with three deep drawers, similar to an Army field kit—and no supplies to fill it.

That problem was easily licked. The Homemakers went to work over their kitchen ranges, cooked up victuals guaranteed to make anybody's mouth water, and held a food bazaar at

even a Sunday School looked like a tough job, for the scattered population of the canyon included Methodists, Baptists, Presbyterians, Latter Day Saints, Catholics, Seventh Day Adventists, and even a family of Mennonites. Getting people with such widely varying religious beliefs to worship in one service seemed impossible. The Homemakers knew, though, that it could be done since church services had been held at the schoolhouse until World War II tire and gasoline rationing made attendance impossible.

So they set to work at bringing their families' opportunities for spiritual health up to their opportunity for physical health. Consent to use the schoolhouse for church meetings was obtained. However there were no lights so evening meetings were out of the question. The Homemakers hurdled that one by installing three drop lights, making it possible to use the schoolhouse as a community center for other worthwhile events too. Heating for evening meetings was another difficulty. The building was piped for butane but there was no heating fixture for it. Arrangements were made for that, too.

Bessie (Mrs. Walter) Buhl accepted responsibility as Sunday School superintendent. Arrangement was made to use literature published by the American Bible Society, an interdenominational organization. Fifty hymnals were bought. Soon Sunday School was an established part of the lives of many Aravaipa Canyon families.

Pastors and priests in the nearest towns are pretty busy with their own flocks on Sunday, so it took a little maneuvering to arrange for preaching. However, now Mormon missionaries and a Seventh Day Adventist minister come to talk once a month; a Baptist minister from Safford preaches every other Wednesday evening, and Catholic priests hold services every other Saturday. And maybe it isn't so strange, after all, that the congregation greeting each speaker, of whatever faith, holds many of the same people.

Yes, things have changed in Aravaipa Canyon. And though, even now, many Arizonans think of it only as the site of bloody battles in pre-statehood history, the informed know it to be a pleasant place with enough red-blooded activity to keep life interesting, and a safer place than many in Arizona to make a home.

The Homemakers have made it so.

Haven Off the Highway

(Continued From Page 32)

used for others. Even so, she did the best she could with what she had and worried about what she couldn't do.

Then, things began to change in Aravaipa. More homes were established on the grassy floor of the canyon, on small fruit farms in the rich soil along the creek banks and in the mining sections along the ore-filled walls. More women moved in and worried about the physical safety of their families so far from a doctor; about recreation; about schools and lack of opportunity for religious worship. Usually when women worry about their families, something happens.

It was so in Aravaipa. Before long a homemakers club was organized, and in considering and conquering home problems, community problems came prominently into the picture. Maybe the fact that two other trained nurses had moved into the canyon—Bessie Buhl 10 miles closer to town than Charlotte and Gertrude Pointer at the end of the road 12 miles farther in—had something to do with the health situation being tackled first. Training was no good without medical supplies, and proper selection of supplies to meet most emergencies was important. So the trio of community-spirited nurses went in to Safford to confer with Dr. Knight.

Dr. Knight not only suggested the supplies which should be kept on hand but the kind of kit that would be handiest. Then he drew up specifications for it and took them to Brooks Lumber Company in Safford to be built. The lumber company, on learning its purpose, donated the lumber and the labor as their part in a worthy community enterprise. The result was a carefully-planned, well-made cabinet with three deep drawers, similar to an Army field kit—and no supplies to fill it.

That problem was easily licked. The Homemakers went to work over their kitchen ranges, cooked up victuals guaranteed to make anybody's mouth water, and held a food bazaar at

Klondyke schoolhouse. As an added attraction, they arranged a square dance the same night, in the same place. That had two results: Something over \$80 was cleared to buy supplies for the first aid kit and the canyon folk learned that the square dance was so much fun that regular square dances became part of a community recreation program. Early this year when it was necessary to replenish the kit, they planned another square dance, put up an announcement poster in the Klondyke postoffice and the schoolhouse was filled to overflowing. So was the first aid kit.

The kit is still kept at Charlotte's home since it is most centrally located, but now, as a result of the Homemakers' effort, bandages of all sizes, splints, ointments for burns and stings, a snake venom kit and suction cup, vaccines of various kinds, a few hypodermic medications and a few sedatives are always on hand to be used for those who need them. The only phone in the canyon is seven miles from the Weathersbys, there is no "first aid station" sign anywhere around, but unerringly those in physical distress find their way, or are brought, to this haven on the highway.

But the kit is not the Homemakers' only contribution to the safety of the canyon dwellers. Aravaipa children (Klondyke school) were being deprived of the urban child's chance at inoculation against infectious or

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

G. Family Economics and Home Management Family Relationships

Background In a sense several of the projects classified under clothing and food preservation are a part of home management. To be able to make clothing accessories is a matter of sewing, but almost equally is it a problem of family economics and management. To be able to clean and adjust a sewing machine comes under the clothing or sewing division of work, but, because of the money saved and the skill learned, it is definitely an economic consideration. So it is with the projects of canning and freezing to a certain extent. All these projects, however, are described in their respective sections of this report.

Project Studies One homemaker club requested a demonstration on
Holiday "Holiday Decorations". For this project the agent pre-
Decorations pared and showed how to make table and mantle decorations, personal or place favors. Foliage and plant growths of the locality were stressed as decorative possibilities. Inexpensive gaiety in trimming was emphasized. Patterns for homemade favors were given. A complete table was set for a holiday party using the suggested items. Recipes for holiday goodies were issued. A copy follows this report section. Out of the ordinary ways of package wrapping were taught. Leaflets describing these and other ways were distributed. Even though this project was used by only one club, its teachings were quite widely spread. Ladies were pleased to pass on ideas for holiday festivities. A leader report follows this report section.

"Five Minute Demonstrations" described in the section reporting the homemaker's program were nearly all ideas to make housekeeping tasks easier or quicker. Examples are: making a dustless duster and cleaning corner spots with a wrapped, broken clothes pin.

"University Library Service" was looked into by the Aravaipa Homemaker Club. A kit of books and information pertaining to rural library service was sent from the University library to a club leader. She urged ranch women to avail themselves of the opportunity to borrow books directly from the University library by mail. This is a service which, since rural libraries are few, can be a real enjoyment and benefit to rural families.

Lois E. Harrison
Graham County
1950

Project "Adolescent Activity and Recreation" was the topic of one
Studies lesson of the Eden Homemaker Club. A homemaker from a neighboring town served as project teacher. She has attended the teen-age recreation class at Country Life Conference for two consecutive years, has done a great deal in 4-H and other youth work, and is well trained as a youth leader. She was fortunate in being able to borrow for this particular lesson a sample kit of handicraft articles suggested for adolescent activity by the Tucson recreation center, to which she added several articles of her own handicraft makings. The Eden ladies considered the project a most worthwhile study.

The county agent spoke at the fall meeting of the County Homemakers' Council emphasizing the county-wide need for general yard clean-up both for safety and morale of family members. The rural sociologist of the state Extension Service then illustrated how communities could follow the suggestions and challenge made by having contests among individual families or entire communities. He explained the use of a score sheet by which premises could be looked over and graded before and after the time of the contest. Action was taken by the council to carry out this endeavor in communities which are serious about the appearance and safety of their dwellings. As a matter of family economy, management and relationships, pleasant yards and home beautification are tremendously important. There could be less delinquency, less teen-age irresponsibility if homes and yards were neat and attractive.

Radio and newspaper teaching dealt with home management and family relationships problems. By referring to the publicity section of this report a list of appropriate subjects will be found.

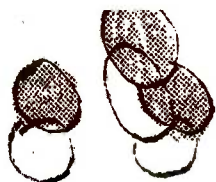
Outside The state Country Life Conference is mentioned in other
Help sections of this report. However, the real essence of the conference concerned Family Relationships. Presentations covered adult and child family living, recreation, artistry, modern science used in the home, and Arizona rural living. County women who attended were able to return home and pass on to others in their communities ideas and helps they had learned at conference. In club meetings and by radio they extended their suggestions.

Lois E. Harrison
Graham County
1950

The home demonstration agent has focused thoughts on the slogan "More Homemaking and Less Housekeeping" as an Extension Service endeavor. All projects taught through the service aim at this objective. All projects show ways of doing homemaking tasks easier or quicker, or they bring out suggestions for better family relationships and more gracious home living. Women who cooperate with Extension Service are asked to pass on what they learn, and through direct or leader reports let Extension Service know how widely the teaching is used.

Looking
Ahead

Family relationships study next year will be centered around a project dealing with teen-age guidance in the morals and behavior of sex life. This study naturally follows the 1950 project concerning recreation for teen-agers.

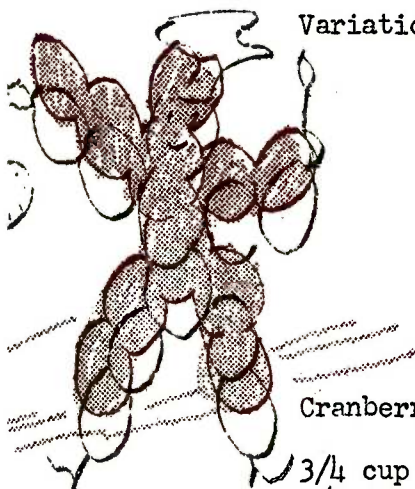


HOLIDAY TIME IS CRANBERRY TIME!!

Cranberry Orange Relish

4 cups cranberries, 2 oranges, quartered and seeded,
2 cups sugar

Put raw cranberries and oranges through food chopper. Add sugar and mix well. Chill in refrigerator a few hours before serving. Makes one quart relish. This relish will keep well in the refrigerator for several weeks.



- Variations:
1. Peel, core and dice 2 apples; stir in for cranberry apple relish
 2. Stir in 1/2 cup each diced raw carrots and celery for cranberry vegetable relish
 3. Add 1 cup canned or fresh grapefruit segments
 4. Stir in pinch powdered cinnamon and cloves for a spicy relish
 5. Stir in 1 cup frozen or canned or fresh diced pineapple

Cranberry Ice Box Cake

3/4 cup sugar	8 tablespoons corn starch
1/2 teaspoon salt	1 teaspoon lemon juice
4 cups cranberry juice	4 cups sponge or angel cake cubes

Combine sugar, corn starch, salt and lemon juice. Gradually add cranberry juice, heat to boiling over direct heat and then boil gently 3 minutes, stirring constantly. Cool slightly. Add cake cubes. Blend thoroughly. Pour into waxed paper-lined loaf pan, cover with waxed paper. Chill for at least four hours. Unmold on serving tray. Garnish with whipped cream. Makes 1 loaf (9" x 4" x 3") or 8 to 10 servings. If a more vivid color is desired add a few drops of red food coloring when cream is added.

Turkish Delight

3 tablespoons gelatin	1/2 cup hot water
2 cups sugar	Grated rind and juice of 1 lemon
1/2 cup cold water	Red or green coloring
Grated rind and juice of 1 orange	

Soak the gelatin in the cold water. Put the sugar and hot water in a saucepan. When it reaches the boiling point, add the gelatin and simmer twenty minutes. Add color and the flavorings; strain into a bread pan which has been rinsed with cold water. The mixture should be from one-half to one inch in depth.

When it is cold, turn it onto a board. Cut into cubes or other shapes and roll in confectioners' sugar.

If you prefer other flavors, such as peppermint, wintergreen and clove, omit the fruit juice and rind, add one-half cup of water, and flavor with a few drops of oil of peppermint, oil of wintergreen, oil of cloves, etc.

LEADER'S REPORT

HOLIDAY DECORATIONS

County Graham

Club Safford

Leader: _____

Address: _____

As application of ideas learned through the project of Holiday Decorations:

	CLUB MEMBERS	OTHERS*
How many women used decorations found in nature?	3	
cacti.		
foliage.	14	4
cones.	4	2
weeds.	3	
cotton bolls.	6	2
How many women made table of mantel decorations?	14	4
How many wrapped, tied or ornamented Christmas packages in some of the suggested ways?	14	

COMMENTS: It is to be regretted that only one club used this lesson in the county, since clubs in the neighboring county found it so very helpful. One meeting held - total attendance 14

* Relatives, neighbors, friends

Cooperative Extension Work in Agriculture and Home Economics, the University of Arizona College of Agriculture and the U. S. Department of Agriculture Cooperating

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

H. Clothing

Club Projects

"Clothing Accessories" as a project taught by trained leaders was especially popular. A kit of samples was furnished to leaders, to which they added articles of their own. The lesson included the actual accessorizing of costumes, samples and patterns of accessories. It was taught at a most opportune time of year - in March. A few Relief Societies stretched their meetings into May. Local stores supplied garments used in many of the demonstrations. One radio program was made by the clothing specialist and the home demonstration agent. Information similar or parallel to that given to leaders was presented to the listening public.

Of all the patterns and suggestions for accessories — collars, cuffs, jabots, belts, scarfs, handbags — the mail pouch handbag proved the most popular. Now that it is the time of year to make Christmas gifts, requests are coming in more frequently for various patterns — most often the mail pouch handbag. A booklet showing the patterns used follows this report section. A summary sheet of leaders' reports follows this report section.

"Making the Best of Appearances - Grooming" was an intriguing project for homemakers. They enjoyed trying new hair styles and appreciated the demonstration of how to apply facial make-up. A few mothers have prepared the home-made hand lotion and tooth powder for their families — recipes for which were given in the lesson. Because so much money is spent on cosmetics, ladies like to know about home-made preparations. Lanolin as a base for many cosmetics was emphasized. When women are shown how they may save money on personal items they are pleased. A summary sheet of leaders' reports follows this report section.

"Feet and Shoes" was a project which might be classified as a clothing interest. However, as it was carried out in the county, it has been considered to teach particularly health. It is described in the report section for health.

"Using Sewing Machine Attachments" was handled as a demonstration which leaders taught in their own groups. Ladies seemed most happy to learn how to use the tucker, rick-rack attacher and binder. These are attachments simple to use which give that professional look to home sewing. One lady immediately made a rayon blouse, the yoke of which was

Lois E. Harrison
Graham County
1950

finely tucked. She entered it into the county fair — a good way to pass on Extension Service teaching. When women realize that a sewing machine attachment may be trusted to do its own job merely by feeding cloth into it, they have more confidence in trying their own skill.

Leaders decided to make two lessons out of the project. They gave one demonstration in September or October, and will give another in the 1951 program. Relief Society groups paid special attention to this project as it is one they want every homemaker to practice. Leader reports will be turned in next year.

"Designs for Yourself" as a project taught the three fundamentals of dress design — silhouette, structural and decorative lines. Charts, drawings and pictures were used to illustrate the principles. Emphasis was placed on making the stout figure look more slender, because there are larger numbers of stout women. A kit of teaching aids was supplied to each project leader. The agent taught this lesson in leader training, homemaker club and Relief Society groups. Because it was a November project, leader reports will be turned in next year. A mimeographed leaflet given to all women follows this report section.

A Simplicity Pattern Company style show for teen-agers was given in connection with the Designs for Yourself project. 550 girls and mothers learned at the fashion show good dress design for high school age girls. Sponsored by National 4-H club work, handled by the designer of teen-age clothes for the pattern company, this show was most worthwhile. Attendance included high school girls and their mothers from all valley towns. A letter announcing the leader training meeting and style show follows this report section.

Club
Special
Interest

The Apron Making Kit provided by the state office was used by three Relief Societies and two homemaker clubs. A total of 165 women in the county saw the aprons and had the chance to cut patterns for themselves, or get the numbers of commercial patterns. The aprons were very popular in the county, and the kit was used possibly as much over-night in homes as it was in scheduled meetings.

A few members of several clubs have gathered by themselves for sewing bees at which they have exchanged patterns and made items shown in the apron collection and the clothing accessories kit.

Lois E. Harrison
Graham County
1950

County Special Interest Five sewing machine cleaning clinics were held in the county in places where last year's clinics had not taken care of all the women. Thirty-one more homemakers cleaned and adjusted their own sewing machines, making a total of 90 in the county for the two years. They have all been pleased with themselves over learning about the continued care and cleaning of sewing machines. One woman reported that her machine was over fifty years old, and had never been officially cleaned. The agent does not think that any business is being taken away from commercial sewing machine and repair men. If a woman has had her machine as in reported cases, for ten- - seventeen - - twenty-five years without its being cleaned, there would be no indication that she would soon take it to any commercial agency to have it cleaned. When the women realize that they are saving from \$8.50 to \$12.00 on a machine cleaning bill, they are very enthusiastic about doing the work themselves. It was stressed that Extension Service teaches homemakers how to clean and care for their sewing machines - it does not teach repair business.

The tailoring schools held in previous years continue to show their effects. Individual assistance has been given all through the year. One homemaker made three coats in 1950, another made jackets for twin grandchildren, still another made a sport jacket for her son. The remaking of men's suits into women's suits has been popular. Sales persons have been pleased with their sales of fabrics and tailoring supplies. Three local stores have continued to carry tailoring needs. Home tailoring as an Extension Service project has made a most favorable mark in the county.

Looking Ahead Following the goal of making home sewing easier, a club project for next year is "Short Cuts in Sewing - Boys' Clothing." Mothers have especially asked that the techniques of making shirts and trousers for little boys be taught. Requests for teaching how to make "dress forms" have been considered for two years. Early in 1951 this will be a special interest school for all county women who wish to participate. The fact that so many new textiles have come onto the markets have brought requests for explanations of their properties, wearing qualities and care. It is planned that the clothing specialist will give a talk on this subject at the spring meeting of the County Council.



SPRING

ACCESSORIES

Assembled material for accessory demonstrations by Helen L. Church,
Extension Clothing Specialist, University of Arizona, Tucson, Arizona.

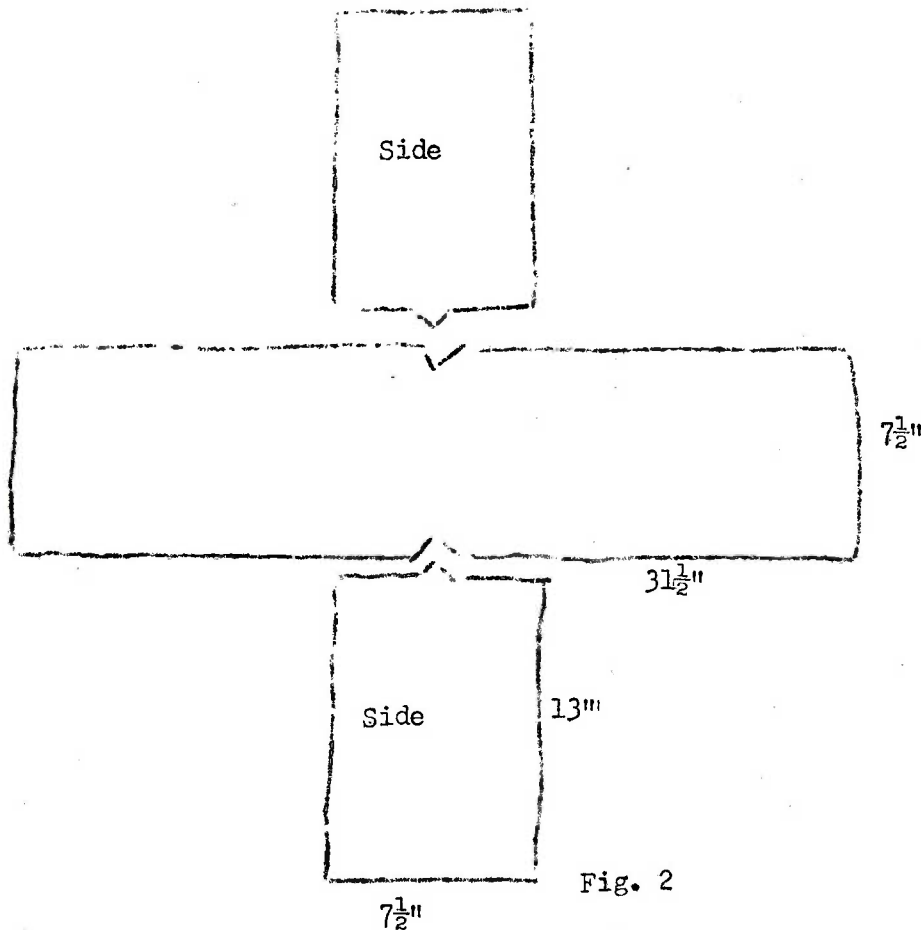
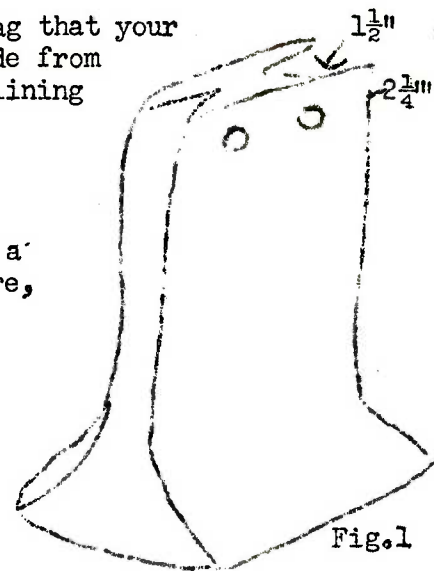
MAIL POUCH HANDBAG

This bag is so-called because it looks much like the bag that your mail carrier carries. It's easy to make and can be made from left-overs from dresses, suits, drapery fabrics. The lining is made exactly like the bag and can be made to wear reversible.

Material needed for this bag is 15 inches of fabric of yard width. The same amount of lining material and a piece of cardboard for bottom of the bag. If you desire, it can be cut of scraps of material and pieced at the place where seams can come at the base of the bag.

Size: Each side of the bag is $6\frac{1}{2}$ " x 12" when finished. The bottom of the bag is $6\frac{1}{2}$ " x $6\frac{1}{2}$ ". One-half inch is allowed for seams. So your pattern would be $31\frac{1}{2}$ inches by $7\frac{1}{2}$ " x 13". (Fig. 2.)

If you desire a smaller bag; make it smaller in length.



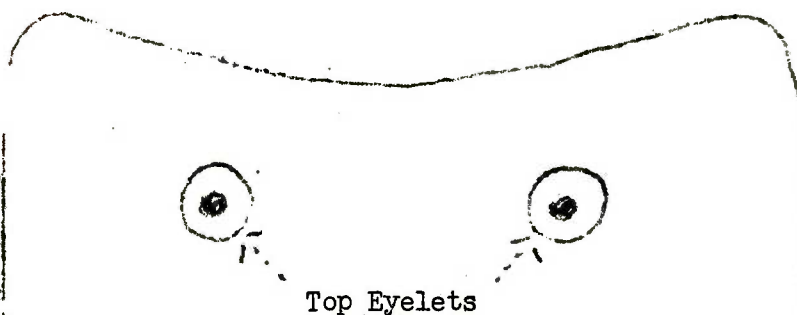
If you cut the bottom separately with seams at bottom, allow for 1/2 inch seams.

CONSTRUCTION:

1. Cut material being sure that sides are 12" x 6" finished.
2. If separate bottom piece is used, sew into two side pieces first making one long piece $31\frac{1}{2}$ " as the original piece; then sew into it the other side pieces.
3. Clip corners and press seams open
4. Cut and seam lining same as bag. If you wish, put in a pocket as in Fig. 2.
5. If light weight fabric is used, put a piece of muslin 3 inches wide around the top of the bag for reinforcement of eyelets.
6. Cover a piece of cardboard and insert in bottom of bag between fabric and lining
7. Place lining inside bag with wrong sides together
8. Turn back 1/2 inch on edge of lining and bag. Baste together then stitch 1/8 inch from edge by machine.
9. Eyelets may be located by folding the top of the bag so that opposite sides are together and the other two sides forming the ends are between them.
 - a. Divide the space of $6\frac{1}{2}$ inches into 2 parts by measuring $2\frac{1}{4}$ inches from each side of the folded bag and 1/2 inch down from the top edge of the bag (Fig. 1.) Stick a pin through all four thicknesses of the bag at this point ($2\frac{1}{4}$ inches from sides and $1\frac{1}{2}$ inches from top. Use pencil or chalk and draw a circle around each pinhole 1/2 inch in diameter
10. To make eyelets, stitch each circle by machine or pencil mark. Then cut out the inside of the circle to within 1/16 inch of the machine stitching. Use heavy thread or buttonhole twist and work them by hand. Keep stitches close together.
11. To make ties, cut 20-inch length width just wide enough to make three folds. Stitch together outside edges as you did the top of bag by machine. Insert ties in eyelets in opposite directions. Fasten two ends of ties with soft knot.

Variations:

1. If you wish to use striped material, cut side pieces $4\frac{1}{2}$ inches longer and miter the bottom of bag
2. Make opposite sides of different colors
3. Sew bands of color to sides to make stripes
4. Figured material for outside, plain on inside
5. Applique figures or monograms on sides of bag
6. Use scrap leather at tope of bag for band and eyelets, Also draw strings of leather



PATTERN FOR SECTION OF BOXEY BAG

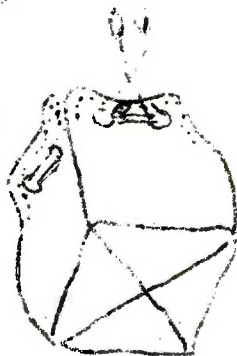
Cut 4 pieces for outside and 4 for lining
(Allow for seams)

Fold at bottom of bag

Center
Bottom



lg



THE BOXEY BAG

The boxy bag is made of 4 sections; It may be made of oilcloth, (patent leather), suede, pig or kid skin or any fabric which you may be using for a scarf, a hat or a blouse. If you use oilcloth or leathers simply seam the sections, make the lining by the same pattern and method, set the lining inside the bag and stitch around the top edges so that the stitching will show on both the lining and the outside. Then have the shoemaker or the harness maker put two large metal eyelets at the top of each side of the box shaped bag. Make two cords of the leather or fabric and lace them through the eyelets so that both ends of each cord are together on one side of the box. Finish these ends by a knot, with large beads or tassels.

If you use soft fabric for this bag, interline each section with stiff canvas and also lay a square of cardboard in the bottom of the bag between the lining and the outside cover.

OVERARM PURSE

Material required:

One-half yard of 35" or 39" material without nap will be sufficient for this bag. It will take $\frac{3}{8}$ yard 54" material. It will take the same amount of material for the lining. Crinoline may be used if fabric is flimsy. If felt or heavy fabric is used, no crinoline will be needed.



Steps in Making

1. Stitch center seams $\frac{1}{2}$ inch of A and B. Clip and press.
2. Stitch $\frac{1}{2}$ inch seam around outside of bag. Clip and press.

If interfacing has been stitched into the seam, clip interfacing close to stitching.

3. Stitch center seam of handles. Press.

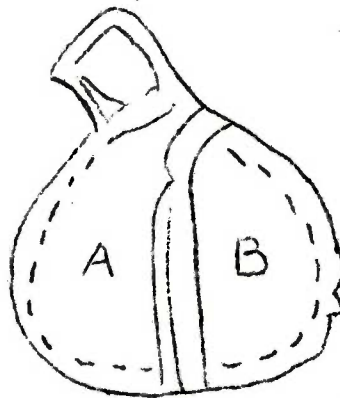
Baste down seam allowance around handles

Lining

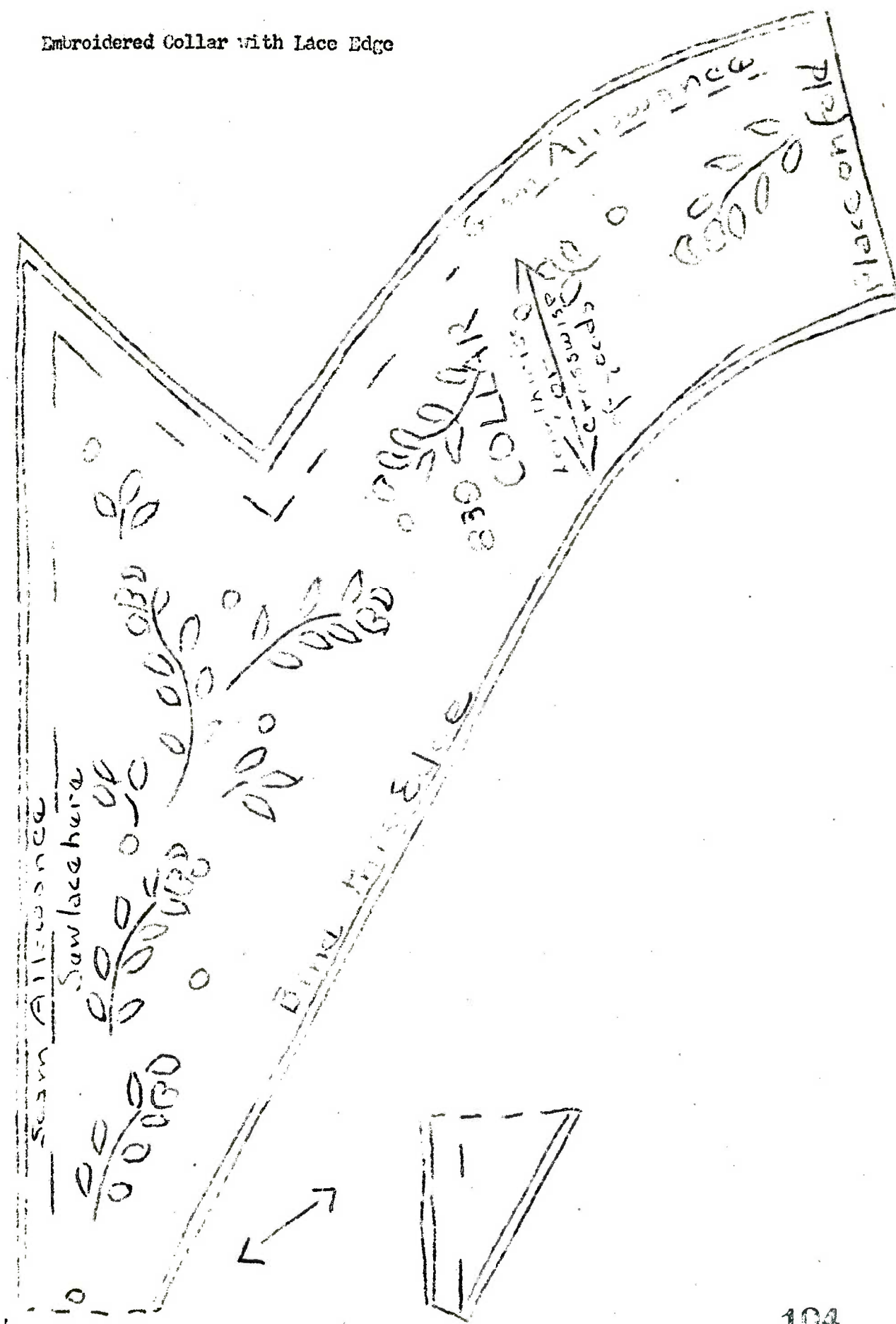
1. Stitch together lining same as bag.

Sew in pocket or pockets as you desire.

2. Slip stitch lining to handles



Embroidered Collar with Lace Edge



SCALLOP EDGE BAG

This is a clever, easily made bag. It may be of satin, velvet, soft felt, taffeta, or wool.

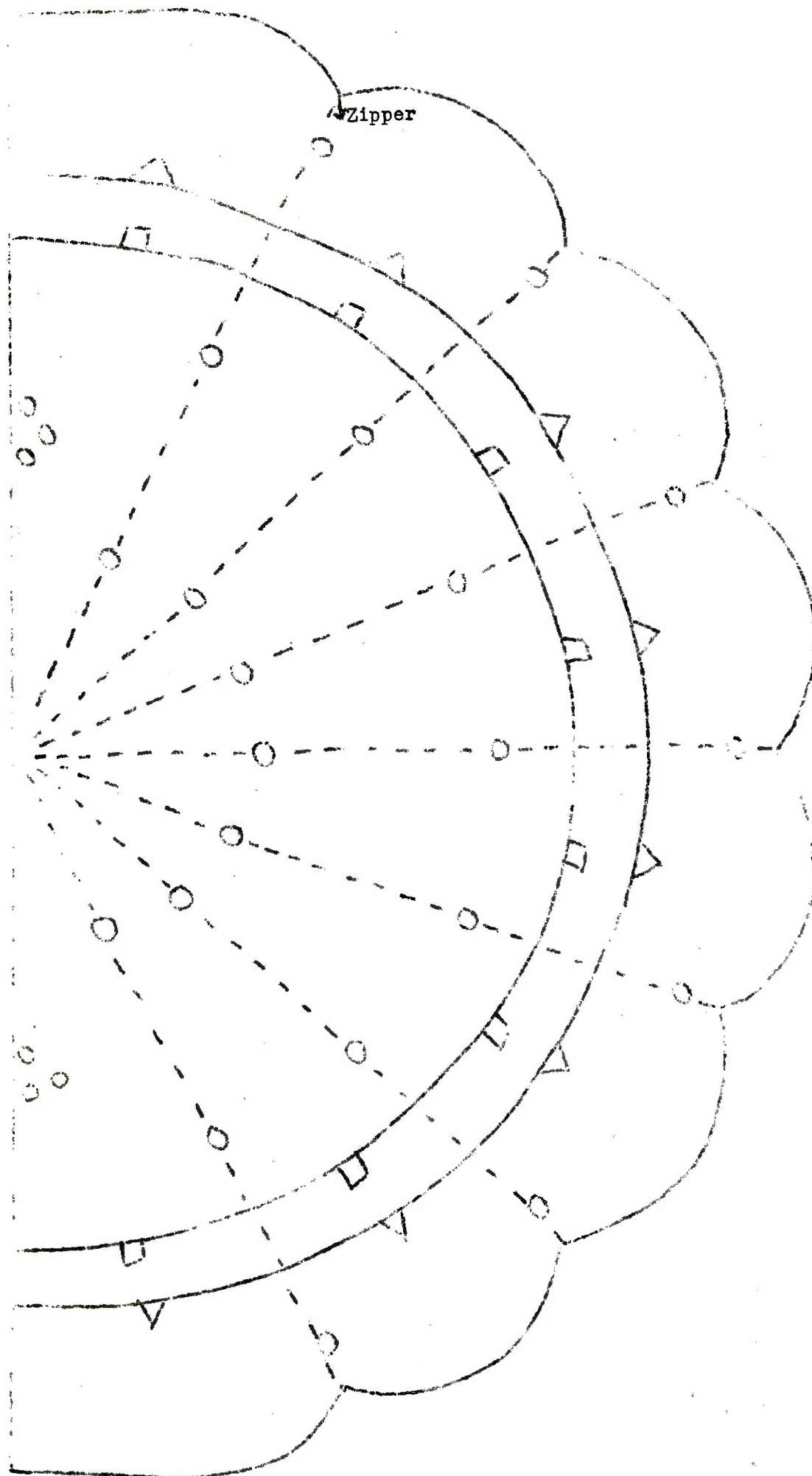
Three-eighths yard will make at least 2 bags, 1/4 yard of lining, 3/8 yard buckram, 1 sheet of cotton sheet wadding, and a 9-inch dress placket slide fastener.

1. To put together, pin 1 or 2 layers of sheet wadding to the wrong side of the bag.
2. Sew layers together and quilt by making small stitches by hand (Fig. 1)
3. Seam facing to scallops making 1/4-inch seam.
Trim seam to 1/8 inch. Press and turn. (Fig. 2)
4. Turn and baste outside edges keeping scallops even, press.
5. Trim off seam allowance on the buckram. Then place
buckram stiffening between the facing and bag.
Work carefully into scallop seams.
6. Open 9" slide fastener and pin to facing between
large O's. Sew securely by hand.
7. Fold bag lining and seam from fold to
large O's taking a 1/4" seam
8. Slip lining into bag and pin against inside of slide fastener
tape matching large O's. Hem by hand securely.
9. Slip stitch bag edges from bottom up to first scallop point on
each side.



lg

EVENING BAG PATTERN



- Size of circle for lining
- Size of circle for facing
- ... Dotted lines, quilting
- Place on fold
- 1/4 inch seam allowance

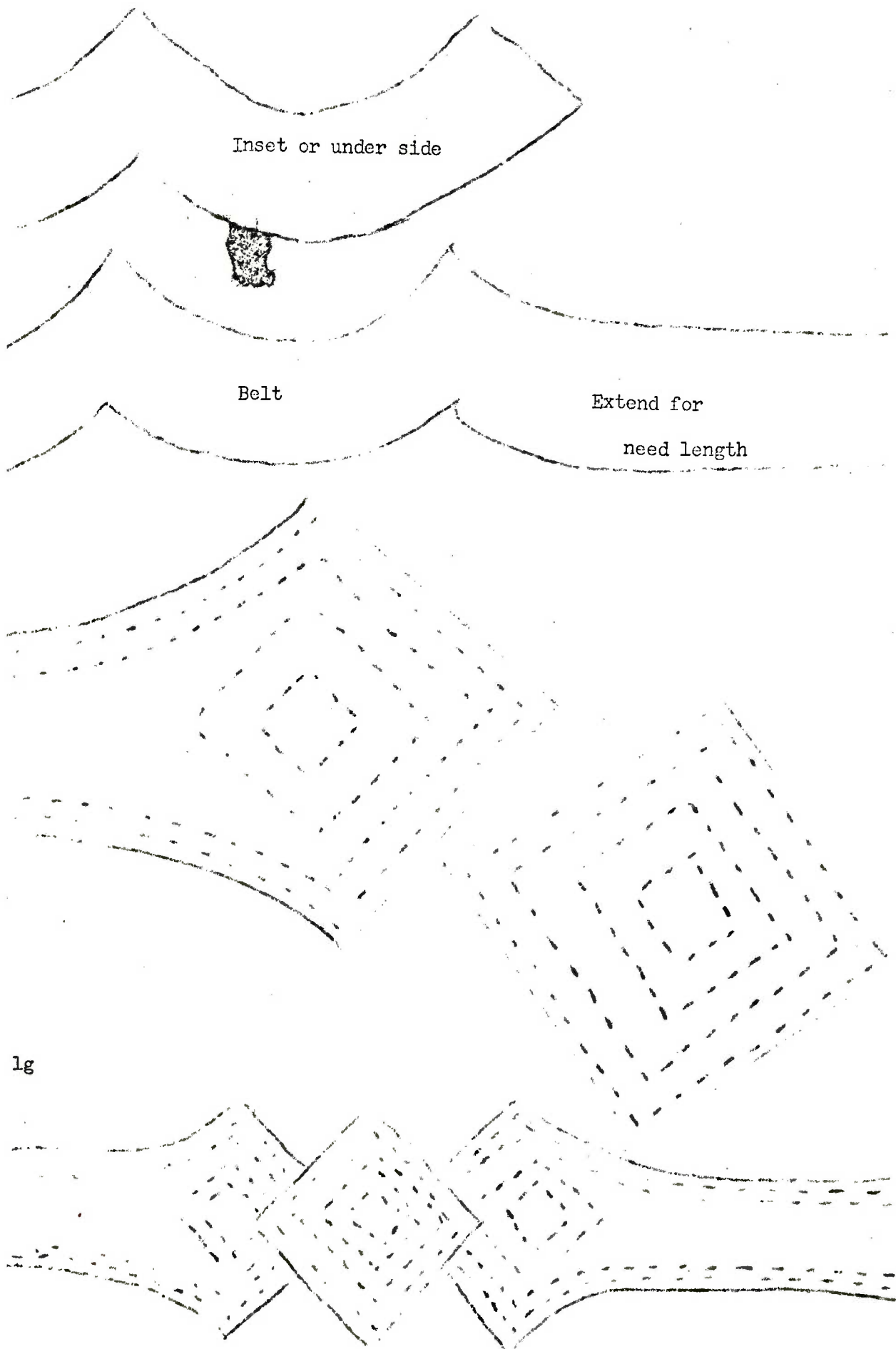
Material required

- 3/8 yard, satin, velvet, crepe, etc.
- 1/4 yard lining
- 3/8 yard buckram
- 1 sheet cotton sheet wadding
- 9 inch slide fastener

BELTS AS ACCESSORIES

Belts can be made to add individuality to a costume. The small waistline may desire to use wide belt lines of accent. Wide belts in varied shapes have been good style as they have given emphasis to hips.

The belt should be in harmony with other design in the dress. You may wish to use felt or leather as part of the fastening across the front of a fabric belt.



GROUP SUMMARY

Report submitted by
5 out of 6 groups

LEADER'S GUIDE

ACCESSORIES

County Graham

Club _____

Leader _____

Address _____

	CLUB MEMBERS	OTHERS*
How many women have paid closer attention to purchase of accessories?.....	107	4
How many have planned accessories for each costume worn?.....	27	
How many enhanced old costumes with new accessories made at home?		
Bags.....	48	10
Collars.....	28	10
Belts.....	11	4
Scarves.....	7	
<p>Other Comments: The patterns and ideas used in this lesson will be used far into the future. One season does not show all spread of the teaching.</p> <p>9 meetings held - total attendance 171</p>		

Relatives, neighbors, 4-H leaders or friends you have helped

GROUP SUMMARY

REPORTS SUBMITTED BY
4 out of 4 groups

LEADER'S REPORT SHEET

GOOD GROOMING

County Graham

Group _____

Date 1950

Leaders _____

	In Organized Groups	Others*
1. How many women changed hair style.....	10	2
2. How many established routine habits of good grooming.....	7	
3. How many women made home preparations of		
Deodorant.....		
Tooth Powder.....	8	3
Shampoo.....	22	2
Hand Lotion.....	8	2
Others:		

Other Comments:

Buying ingredients for homemade grooming and cosmetic supplies is difficult in small towns. 5 meetings held - total attendance 62

109

SUGGESTIONS ON DRESS PROBLEMS

THE STOUT FIGURE

Becoming

One material used for all of costume
 One color used for all of costume
 Fabrics with dull surfaces, soft, non-clining
 Very dark colors if figure is good
 Dull colors in large areas
 Fairly dark colors if figure is poor
 Moderate amount of fullness in clothing
 Diagonal lines in dress rather than extreme curves or angles
 Emphasis on the dress up and down center of front, with principal accent at throat
 Panels of average width
 Comparatively long skirts
 Set in sleeves
 Simple neck lines, preferably long lines and long collars
 Moderate size hats
 Long coats and jackets

Unbecoming

Lustrous fabrics
 Taffetas and other stiff fabrics
 Plaids or any outstanding surface pattern
 Bright colors in large areas
 Very wide or extremely narrow panels
 Tight fitting garment
 Short skirts
 Wide, light cuffs on a dark dress
 Small or large hats
 Tightly curled or bushy hair
 Skirts with different colored blouses
 Sweaters
 Kimona sleeves and sleeves ending at a place of unusual width on the figure
 Contrasting colors and values in hats, hose, and shoes

THE THIN FIGURE

Lustrous material
 Materials which stand out from figure
 Moderately loose clothing
 Horizontal lines
 Fluffy laces or ruffles
 Full soft collars
 Bolero jackets slightly below waistline
 Capes if figure not short
 Swing skirt
 Low crown hats
 Hats of average size
 Replums on skirts

Tight, clinging clothing
 Long, narrow skirts
 Short sleeves
 Raglan sleeves
 Stiff, severe trimmings, as quills standing out on hat
 High hats

ROUND SHOULDERS

Set-in sleeves
 Shoulder seam placed about 1/2 inch back of normal line
 Collar or jacket that hangs loose from neck to past highest point of curve
 Roll collar and blouse in the waist

Kimona sleeves
 Raglan sleeves
 Collarless dresses
 Sleeveless dresses
 Sunback dresses
 Collars which end at curve of the back
 Tight waists

BROAD SHOULDERS

Lengthwise pleats, fold, or tucks extending from shoulder to waist
 Raglan sleeves

Broad lines in yokes, collars, and lapels
 Very small hats

NARROW SHOULDERS

Sufficiently long shoulder seams	Baglan sleeves
Broad lines in yokes, collars, and lapels	Lengthwise pleats, folds, or tucks extending from shoulder to waist

LARGE BUST

Panel or vest	To draw in waist line
Moderately loose waists	Traimmings at, or near, bust line
Blouse in waist	Wide girdles or belts
A yoke line, jewelry, or some other conspicuous line which stops below the bust line or above it	

LARGE HIPS

Average amount of fullness in skirt	One piece, belted dress hanging straight from shoulders
A slight blouse at waist line	Pockets at hip line
Emphasis up and down the center front of dress	Tight skirts
Panel of average width	Very full skirts
Oblique lines from hem to waist that end slightly at one side of center front	Skirts narrowed at hem
	Tight closely fitted waist
	Horizontal line placed near hip line as a jacket of hip length, or a yoke in skirt
	Gloves of contrasting color

SPORT NECK

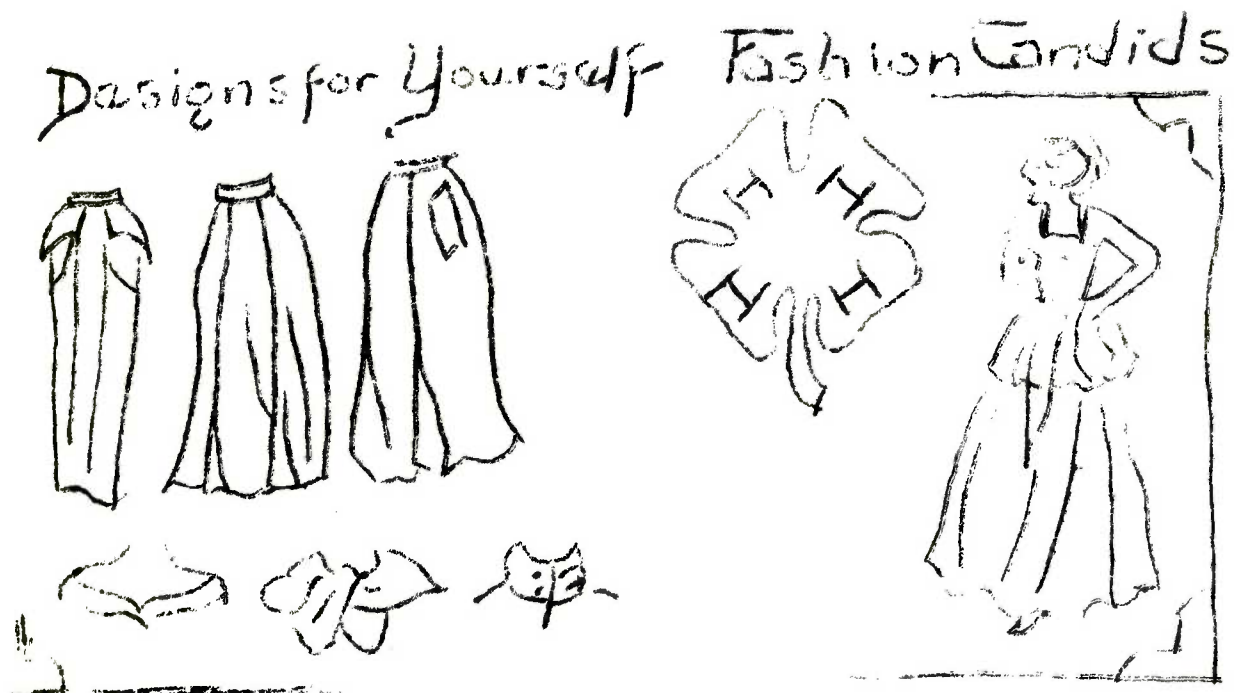
Flat collars	Rolling collars
Collarless dresses	Broad neck lines
V-necks	High, close collars
Hair worn to show ears or at least base of ears	

LARGE ABDOMEN

Waist slightly blouses	Waist and upper part of skirt fitted tightly
Long, simple jabot or revers that end slightly below the waist line	Sash or belt tied at center front

FLAT CHEST

Full, soft collars	Tight waists
Jabots	
Fullness over chest by means of tucking or shirring the material into the shoulder seam	



Dear Project Leader:

The Leader Training Meeting for the project "Designs for Yourself" will be a Double Header!

For the morning session we will meet in the Safford High School auditorium on THURSDAY, November 9th, at 10:30 a.m. Miss Marshall of Simplicity Pattern Company will present a Teen Age Fashion Show. She will show appropriate designs and clothing for the teen-ager. In addition she will stress posture and grooming. Safford High School girls will be models.

This event is sponsored by the Agricultural Extension Service and 4-H club work. All Safford High School girls will attend. The Home Economics students of other valley towns are to be invited. Mothers of teen-agers and all home-makers are especially invited.

For the afternoon session our project leaders will meet privately in a room at the Safford High School. We will then apply principles gained from the morning's event, and add specific suggestions for women's clothing and designs.

We hope that, as a project leader, you will like this combination lesson. You will gather so much to take to your club group. Do be sure to attend.

Members of your club would probably like to attend the Fashion Show in the morning. Please be sure they know about it.

Sincerely yours,

Lois E. Harrison

Lois E. Harrison
Home Demonstration Agent

IEH:lg
Mailed under stamp
cc: 30

112



Mrs. Ethel Lansden of Safford showing a tailored velvet jacket - a product of her home sewing as instructed in an earlier tailoring school - December, 1950

Lois E. Harrison
Graham County
1950

III. Project Activities and Results

I. Recreation and Community Life

Homemaker Club Influence The Klondyke-Aravaipa Homemaker Club continues to be the best example of recreation and community life interest stemming directly from Extension Service. The women of this isolated community seldom get together except for their club meetings. They make a festive occasion of their pot-luck dinner, and always arrange a recreational period of the day as well as the current lesson. Other clubs have found that allowing time for games or singing has added zest to their project meetings. Every club devotes one summer meeting to a picnic for all their families. Some have Christmas parties for families.

The Safford Club used a unique answer to roll call, each member telling her favorite recipe for a particular food chosen for the month. A club committee is compiling all recipes into a booklet which they will have printed. The club will sell copies to earn money.

The Ft. Thomas Club shared two of its programs with all the community. Approximately 50 persons attended both meetings - one about cancer education, the other about foot health. It is certainly an example of community spirit when ladies invite the public to programs of this type.

The Eden Homemaker Club has sponsored throughout the year a girls' 4-H club. Three members of the adult club have served as leaders for the youth group. Previous to the time when the ladies took the girls under their collective wing 4-H had been a hit-and-miss project in the community. During this year, however, girls have enthusiastically carried to completion two projects - one in cooking, one in sewing. Both groups have shown fine community feeling since they have been working for each other.

The Klondyke club developed sponsorship of full community recreation. Stemming from club handled supper-and-square dances, the community now has a committee which arranges for activities including dances, rodeos, and Sunday School.

All homemaker club entertained 4-H girls in August for the Girls' Achievement Programs. It is found that these community affairs bring more interest and knowledge of 4-H club work. Demonstrations which girls make often teach mothers ways of doing that they had not known. It is good for any community when mothers and daughters get together.

Lois E. Harrison
Graham County
1950

County Homemaker Council meetings are a form of county-wide community participation which is pleasant. It has become a custom to pass about the hostess-ship of these meetings. The spring session was held in the form of a pot-luck picnic in Aravaipa Canyon. The fall meeting was held in the Ft. Thomas Methodist Church vestry. Community and county spirit are both shown when women travel long distances to participate in these affairs.

County
Influence

The Graham County Fair was a highlight of the year. Women now serve on the Fair Commission, therefore having the opportunity to help guide organization and business of the event. The premium policy was different in 1950 than in previous years. Instead of fairly large money awards being given to organizations according to a ribbon point system, all entries were in open competition. Blue ribbon placements received money. It was evident by the numbers of entries made that individuals do not put out so much effort when left to their own initiative. There being no organization president to say "Now we must get those articles in", or "we must make a good show for our group of ladies", women did not bring so many articles to the Fair. This was true in the divisions of clothing and household arts. However, the baked foods division showed about three times as many entries as formerly. The canned foods division was about equal to that of previous years. It would still seem that open competition is the traditional policy and spirit of a county fair. When Graham County can facilitate both open entry competition and special booth exhibits by organizations — for competition as booths — then all interests will be taken care of.

Graham County Fair was entered in the National Crochet Contest sponsored by Spool Cotton Company. One lady received a loving-cup for the best entry. She and others entered their articles into the national contest.

Local home economists assisted Extension Service judges sent into the county for the fair. These ladies assisted in both preliminary eliminations and in final choices.

Following the county fair the women's superintendent and the home demonstration agent revised the entry list for next year's fair. Ladies who had helped in the several departments made suggestions for future fairs. Notes were made of all changes which might improve next year's event.

Lois E. Harrison
Graham County
1950

A "Greater Arizona Clinic" was held for southeast Arizona in Safford. The agent attended, along with many other homemakers. By all reports the statements of assets and liabilities of Graham and Greenlee counties were given serious and constructive thought. Very shortly after this conference, businesses, plans, or negotiations were under way to further develop both Graham and Greenlee farm and commercial interests.

A new highway opened between the mining towns of Clifton, Morenci, and Safford has already changed community feeling. Since Safford is the largest shopping town in this section of Arizona all communities will look to Safford for best busy and lowest prices. Because the new highway makes travel between towns and between the counties of Graham and Greenlee so much shorter and quicker, the home demonstration agent considered the possibility of having leader training for adult work handled as one meeting for the two counties. However, the idea was abandoned in view of the fact that there is still important county-feeling in the two sections.

Explanations were made at council, leader training, and club meetings of the United Nations' Flag and its making. The agent made a demonstration flag and kits of materials were ordered by five homemaker groups. A radio program prepared by the home demonstration agent told the meaning of the United Nations' Flag. The Extension Service flag was flown over the Graham County Courthouse along with the "stars and stripes" during all of United Nations Week in October. The Safford Homemaker Club has presented the flag which they made to the Safford School system. The presentation was made at a Parent-Teachers meeting.

There has been excellent cooperation on the part of church and school officials in providing the use of rooms, buildings, and equipment for Extension Service meetings. The home demonstration agent, in turn, serves whenever possible in school, church, or community activities. The L.D.S. Relief Society of Thatcher gives the use of its meeting room for all leader training classes. Schools of the valley allow the use of their buses for the transportation of 4-H-ers about the county or to state events. Local newspaper and radio facilities are always allowed for use by Extension Service.

Outside
Influence

Gila Valley of Graham County is known through the Chamber of Commerce as "The Valley of Opportunity", Sunshine, and Play". Its opportunity lies in agricultural and ranching interests. Its climate is delightful because of the constant sunshine,

Lois E. Harrison
Graham County
1950

and hazardous because of its little rainfall. Churches and schools provide most of the recreational play. There are three swimming pools, two hot spring bath resorts, one bowling sport center, a goodly number of restaurants, and bars. The town of Thatcher is the home of Eastern Arizona Junior College. It is estimated that the valley population is 40%, L.D.S., 60% protestant, and Catholic. However, because the other than Mormon church affiliation is so divided, the valley is considered an LDS residency.

Lois E. Harrison
Graham County
1950

IV. Outlook - Adult

General Through years past Graham County Extension Service teaching and assistance for rural families has been accomplished, mainly, by the Agricultural Agent working with men and 4-H boys, the Home Demonstration Agent working with women and 4-H girls. A start was made in 1950 for both agents to combine their efforts in many cases. The thought that family planning, family working out of problems would bring better results is gaining momentum. Probably the one factor of radio teaching has done as much as any other thing to coordinate the work of both agents, and to further the assimilation of the teaching by the public. The county personnel plans, in the future, to broaden efforts toward family and community education.

4-H Because boys carry on their active 4-H projects in the winter months and girls in the summer months, it is difficult to keep community type clubs going. Boys may feed their livestock projects while school is in session, but girls need the hours of school vacation in which to complete their sewing or cooking project. Therefore, mixed project clubs are most successful, and will be continued. Boys and girls groups will meet together through the winter for recreational parties, but they will have separate club organizations and officers. Eight of the twelve communities in the county had 4-H girls' club work in 1950. One club was composed of Indian girls. Work in all these centers will be continued. There may be a club of Mexican girls in two of the other communities, if leaders can be secured. Surveys made of the other two communities show that there are not numbers of girls of 4-H age to establish clubs. 1951 clubs will be re-organized earlier in the year than previously. It is hoped that more girls will carry club projects to completion than was the case in 1950. The county staff hopes to form a county 4-H council in 1951. Through the combined efforts of this council, parents in the several communities, and Extension Service, it is hoped that 4-H club work will reach more youth in the coming year.

Women's Program The teaching and service for women in the county grows each year. Since the Homemakers' Council takes more responsibility toward the women's program and county problems, Extension Service is bound to expand. Four homemaker clubs and ten Relief Societies cooperate in Extension Service. It is expected that the Relief Society for Indian women will participate in the program in the next year. Since the home demonstration agent works in both Graham and Greenlee counties, the leadership system of teaching has to be followed. It is planned that in

Lois E. Harrison
Graham County
1950

1951 each group will carry its own demonstration through leaders for four months, that the home demonstration agent will personally teach for each group four times, and that four meetings may be devoted to recreational, business, or 4-H interests. Office time of the home demonstration agent was apparently at a minimum in 1950, but even that will have to be reduced to accomodate the field teaching needs in 1951.

A step forward was made this year by the County Homemakers' Council setting up "long term" goals" toward which the homemakers' project program should go. For 1951 and future years, project selections will be made in light of these long-term objectives. They will serve as a guide and rein when planning "short range action". Through the Council has come about greater appreciation of meeting the needs of individuals, families, and communities. A review of the statistical report of the county shows the direction of Extension Service expansion.

The agent would like to have each homemaker club make a survey of its community in 1951 to locate women who are not participating actively in a club. The home demonstration agent would be happy to have all county women say, as one has said repeatedly, "I'd rather take any one I know to homemaker club meeting than to anything else I go to. She'd get more out of it". The total percentage of women reached in the county is high, but not high enough.

Next year's program for homemakers includes projects in the fields of nutrition and food preparation, clothing and sewing techniques, home furnishings and management, and health. They will be taught through club projects, special interest schools, local club special interest projects and county council teaching. Demonstrations, discussions, exhibits, circular letters, bulletins, news articles, radio talks, home and office contacts will be the media of teaching. It is hoped that adult clubs as well as 4-H clubs will have achievement days in 1951 to show friends what types of learning are being accomplished.

The program for 1951 is a challenge to the home demonstration agent, other Extension personnel, and the rural family. It will call for clear thinking, good planning, and ready cooperation.

ANNUAL NARRATIVE REPORT

4-H CLUB WORK

COMPOSITE REPORT
BY

Mrs. Lois E. Harrison
Home Demonstration Agent

and

S. L. Owens
County Agricultural Agent

From December 1, 1949 to December 1, 1950

4-H CLUB WORK

Graham County

1950

A. County Situation

On the basis of rural school children, there are twelve recognized communities in the county. In eight of these active 4-H club work was carried on. All clubs are out-of-school, though some club leaders are school teachers. According to school statistics, there are 1,626 boys and girls of 4-H club age in the county. This figure, however, represents children of urban towns as well as those of strictly rural areas. Since 4-H club work has been taken out of the schools, there have been fewer enrollments in the urban towns.

Other youth groups in the county are Girl Scouts, Boy Scouts, Rainbow Girls, vocational groups - FFA and FHA, and church groups. School and church activities fill a great portion of the time of the high school age youth.

Recreational facilities in the county are limited mainly to those of the schools and churches. Each school has fine activity programs for young folks during the school year. The churches carry full programs for youth during the whole year. The towns of Safford, Thatcher, and Pima have had recreational programs during the summer months. Safford and Pima have sports and swimming instructors for the summer season. It is generally considered that the youth have enough community interests to keep them occupied in the larger towns. The outlying small towns, however, do not have so many advantages.

There is a wealth of potential leadership in the county. Many of those leaders who could act as club leaders have similar jobs in church, boy scouts, and other civic organizations. A large percentage of our rural youth travel to school on buses from widely separated communities, making daytime meetings of club members almost imperative. Boys' leaders particularly, are operating farms during the daylight hours, and are therefore, difficult to class as potential leaders.

Girls' project work is done mostly in the summer months when there is no school. It is somewhat easier to find women who will serve during this time of year. Former 4-H club members who have had additional training in vocational agriculture are now acting as leaders, and are a source of additional potential leaders. Junior leaders in the girls' clubs, it is hoped, will continue to serve as leaders in the future. They will, no doubt, be more ready to do so than the mothers of the present who feel at a loss because they lack specific training. The State 4-H Leaders' Training School is a definite aid to county club leadership.

The main crops raised in the county are cotton, alfalfa, and small grains. There is a considerable amount of range area. There are ten dairies which would be considered commercial, each having from ten to seventy-five head of cows. The average farm income for the county is \$3200.

The churches and schools in each community serve as centers for many interests. Each school has its own library, and there is one town library in Safford. Hospital facilities are very meager, there being one in Safford. In addition there are four clinics in Safford, one of which has its own private hospital.

B. Summary

Statistical summary

17	clubs	all out-of-school
24	leaders	all lay leaders
4	Junior leaders	3 girls, 1 boy
7	Leader training meetings	
212	club members	
249	club projects	
7	achievement days	
1	county fair, 4-H participation	
1	State Round-up - 28 boys, 18 girls, 1 leader, 2 agents	
6	campers	
9	radio programs	
25	news articles (without reporter news from clubs)	

4-H club work was carried on as an out-of-school activity. Only lay leaders were used. The main portion of boys' project work was done during the winter months, while the girls' work was done in the summer. Through the winter boys and girls met together in a few cases for recreational parties. Most of the boys' work is done with livestock. Girls' work is divided among cooking, sewing, canning, room improvement, and junior leadership. This year there was one boys' junior leader. Leader training was given along both subject matter and organizational lines. One general training session was held for women and girls at which leaders and club officers were trained by the state 4-H and specialist staff. Several small group leader training conferences were held for both the men and the women leaders. Essentially, clubs and their leaders plan and execute their own programs with guidance from the county staff.

Activities other than project work include field days for boys, baseball games between boys' clubs, swimming parties, camping trips, community club parties, entering floats in the County Fair Parade, and participation in the County Fair.

As a unique feature in club work, there are two clubs composed of Indian boys and girls who live on a reservation. Three boys and two girls carried their projects in beef to completion having raised their fat steers. The girls are still working on their first projects.

4-H club work in any community has meant that the youth have had a chance to learn homemaking and livestock care and feeding with others of their own ages, cooperation on the part of parents, the challenge to work cooperatively outside of school, to develop leadership, and a chance to put each community into the news of county activities.

C. Organization and Planning

Clubs have been organized by two different approaches - one starting with a group of children who find a leader (often with the help of the county staff), the other starting with a leader who contacts children who may become members of a club. Children are contacted through visits to their homes, sometimes through visits to schools.

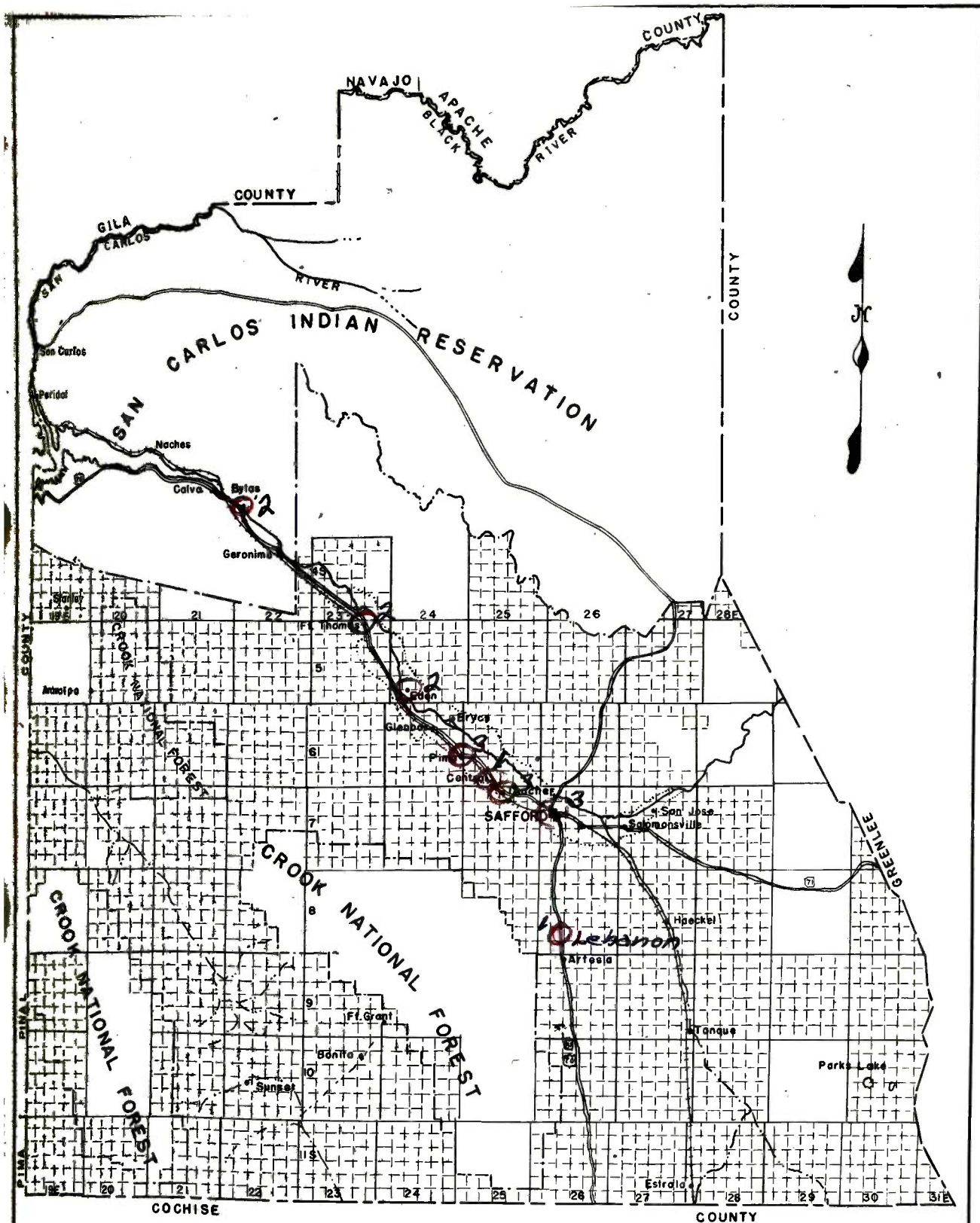
Because the 4-H clubs have been organized as boy or girl clubs, there are not so many mixed project clubs. Thirteen of the clubs had mixed projects. When community clubs are more numerous there will be more of the varied project groups. Only one club carried through as a community club.

Following this report section is a county map showing the location of 4-H clubs.

Club work in Graham County has been promoted through the cooperation of the following agencies - The Gila Valley Soil Conservation District who set aside \$60.00, and the Graham County Farm Bureau who gave \$60.00 toward payment of transportation cost of 4-H club members to the State 4-H Round-up; the Valley National Bank which donated \$100.00 in assisting an FFA or 4-H boy to buy a registered dairy heifer, and a beef calf club boy in buying a registered beef heifer. Sears Roebuck and Company gave six registered Duroc Jersey gilts to 4-H club boys. These gilts were repayments for gilts received the year before by 4-H boys. The Long Theaters gave both girls and boys an opportunity to sell tickets on a commission basis to raise local 4-H club funds. The Safford school system furnished a bus to transport club members to the State 4-H Round-up, and the Graham County Fair Association cooperated by setting aside a 4-H club department for exhibitors and demonstrators. The County Homemakers' Council and homemakers' clubs sponsored local achievement days, and several PTA Associations sponsored local club events. Several farmers furnished livestock to train boys in judging and demonstrating; the Safford Packing Plant furnished penned cattle for livestock judging; schools and churches provided rooms and equipment for meetings and special events.

At present there is no 4-H council or leaders' organization. It is the hope of the county staff that a council will be established in the coming year. The Homemakers' Council has already elected two members to the possible council; two more will come from the local Farm Bureau.

County personnel have made home visits to the greater majority of 4-H club members. These visits have tended to stimulate more interest in club work. Projects of club members have been the main topics of all home visits. Youngsters and parents alike, feel the importance of project work when leaders or agents visit in the homes.



GRAHAM COUNTY, ARIZONA

SCALE IN MILES



D. Enrollments and completions

The following charts and graphs show enrollments and completions

1. By Clubs for 1950
2. By Projects for 1950
3. Five-year graph of Members
4. Five-year graph of Projects

GRAHAM COUNTY

4-H Club Enrollments and Completions by Clubs - 1950

Enrolled
Completed

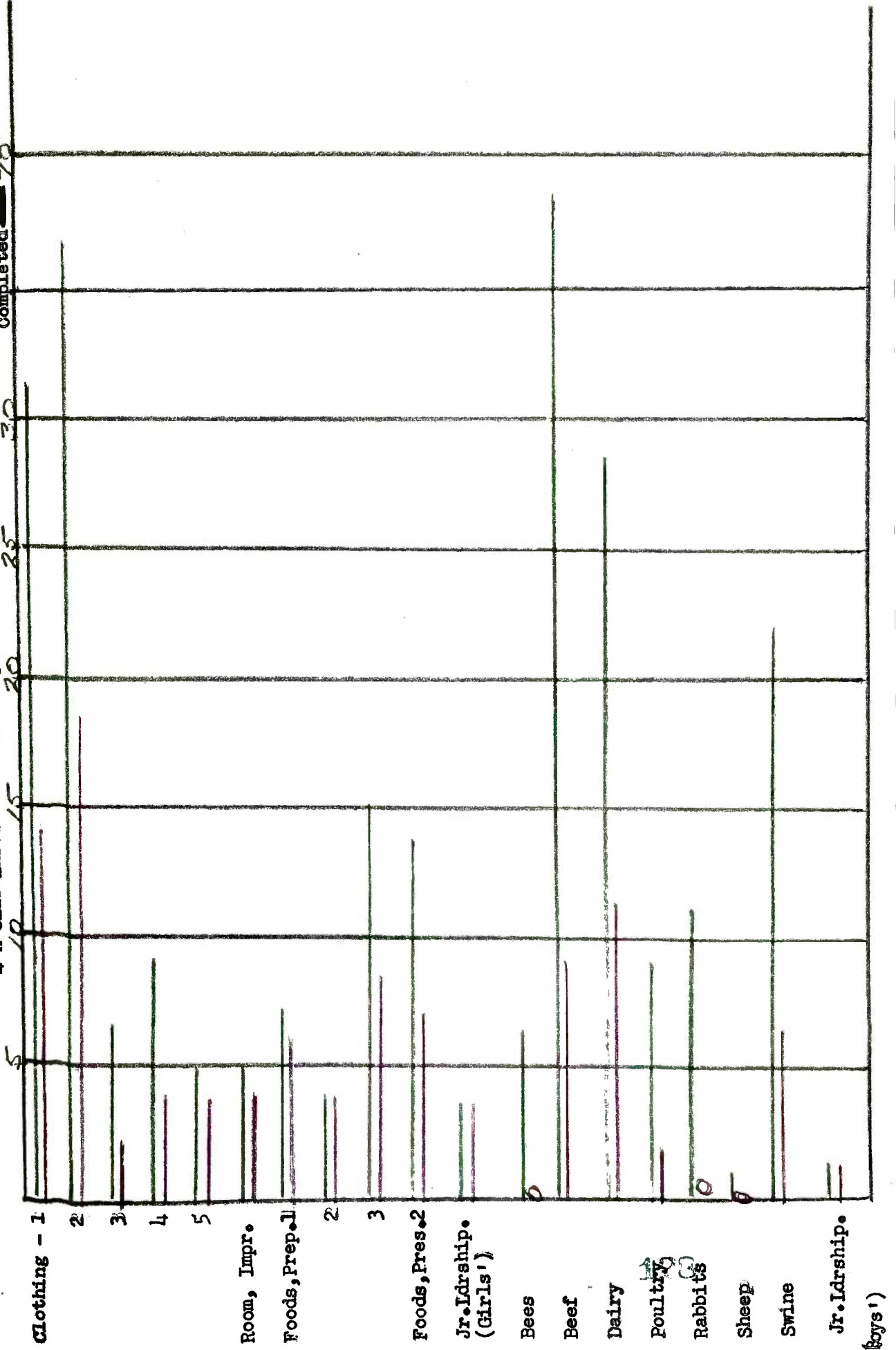
	5	10	15	20	25	30
RYLES: (Community) Agri. H.Ec.						
CENTRAL (Community)						
WYNN: Agri. H.Ec.						
FT. THOMAS Agri. H.Ec.						
LEBANON: Agri. H.Ec.						
PIUMA: Agri. Sew. H.Ec. Alder Sew. McBride						
SAFFORD: Agri. Sew. Stewart Ckg. Samuel Sew.: Pattern						
THATCHER: Agri. Sew. Green Sew. Moody						

GRAHAM COUNTY

4-H Club Enrollments and Completions by Projects - 1950

Enrolled
Completed

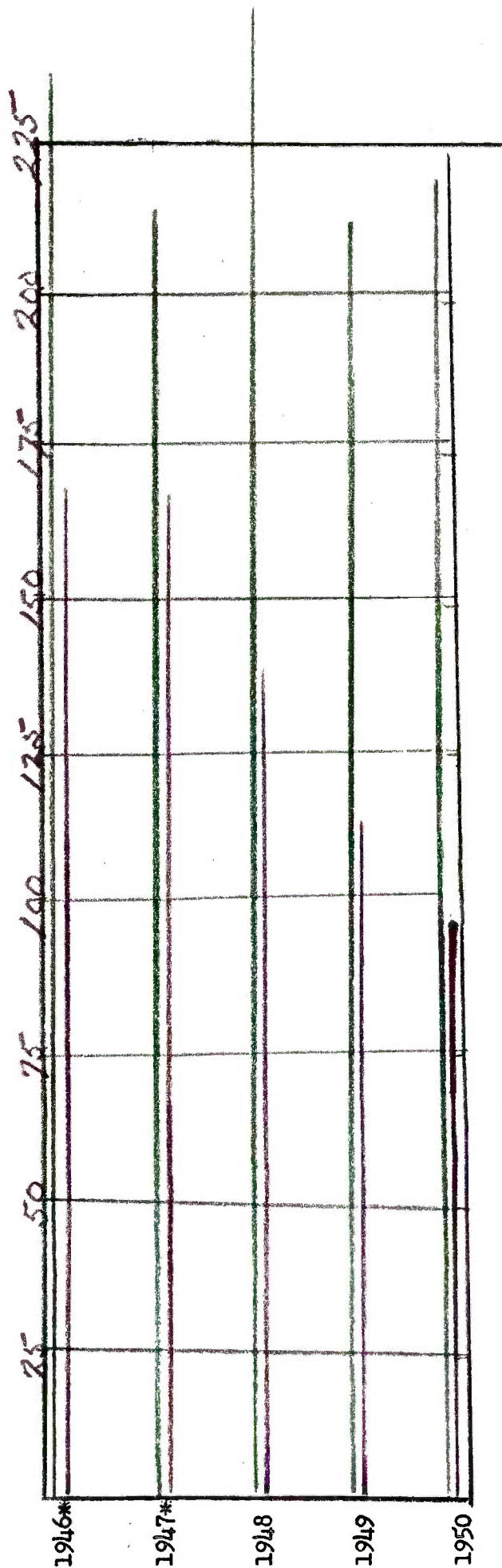
4/0



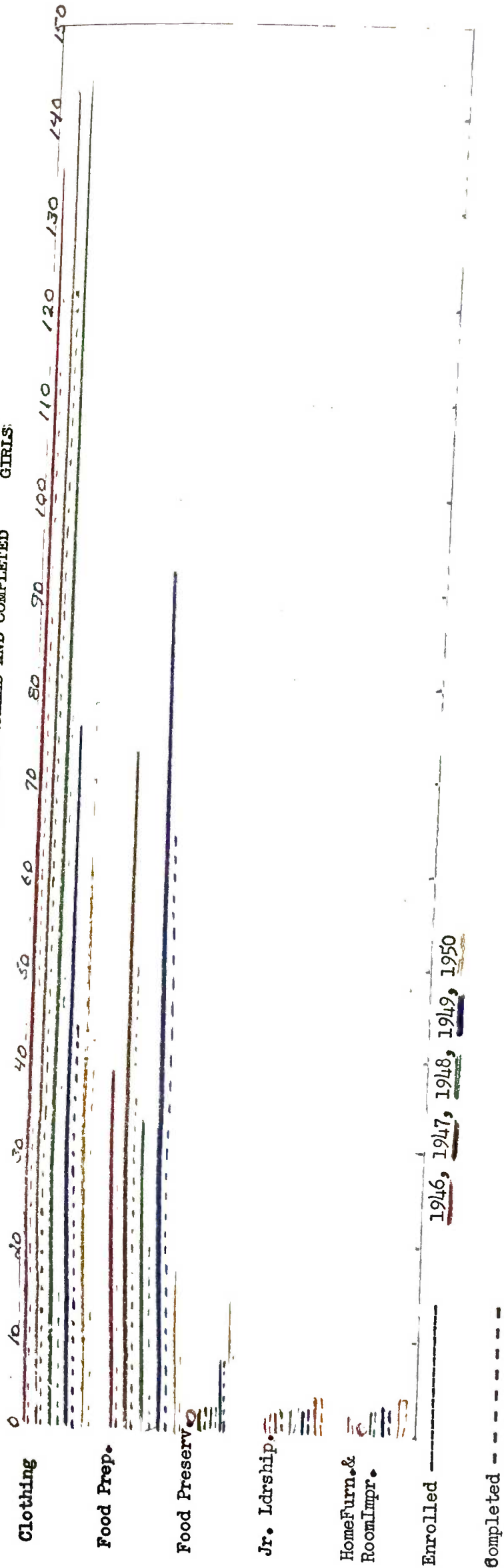
GRAHAM COUNTY
5-year Graph Showing 4-H Club Members Enrolled and Completed

Enrolled
Completed

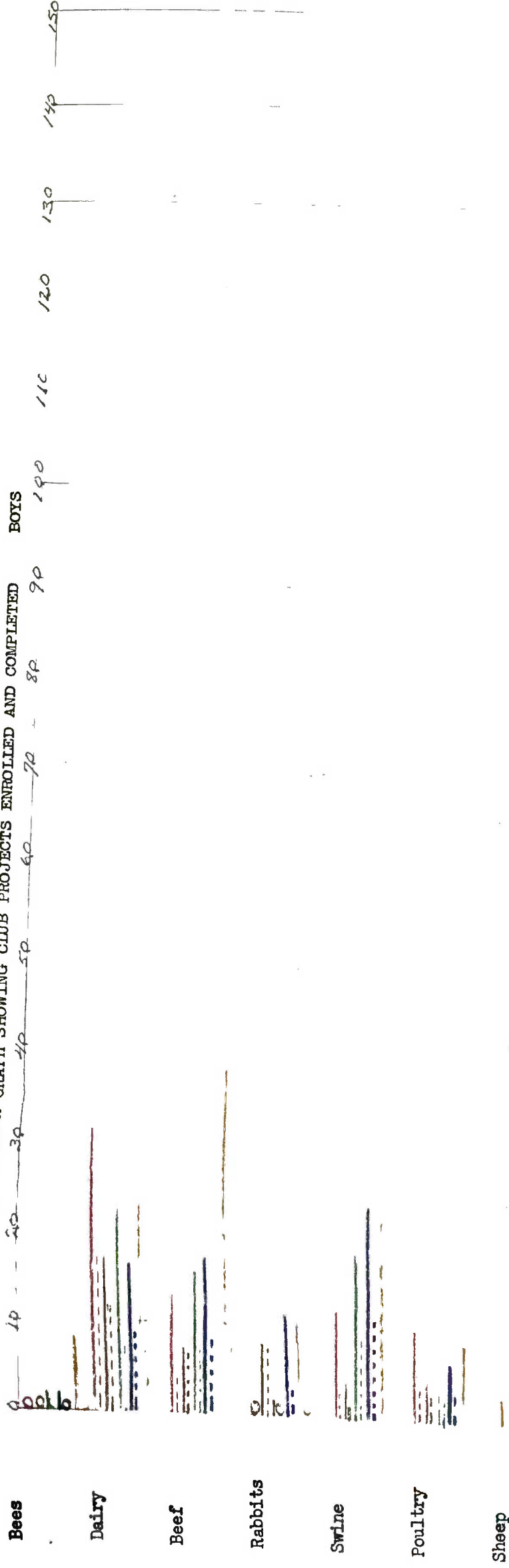
*Clubs were in-school type



GRAHAM COUNTY - 5-YEAR GRAPH SHOWING CLUB PROJECTS ENROLLED AND COMPLETED GIRLS



GRAHAM COUNTY -- 5-YEAR GRAPH SHOWING CLUB PROJECTS ENROLLED AND COMPLETED



Jr. Ldrship.

Enrolled 1946, 1947, 1948, 1949, 1950

Completed - - - - -

E. Leadership of 4-H Club Work

1. Leaders are all lay persons, farmers, or homemakers of the county. Some are school teachers who carry out-of-school club work. Eleven women and one man were 4-H parents. Twenty-five adults, three junior girls and one junior boy served as club leaders. A chart following this section shows years of leader service. Leaders receive awards for years of service and one leader received her fifth year leader pin, two are now serving in their fourth years, and two in their third years. Leaders all serve on a volunteer basis, some being procured by children, some by parents, some by the county extension staff, and some by other leaders.

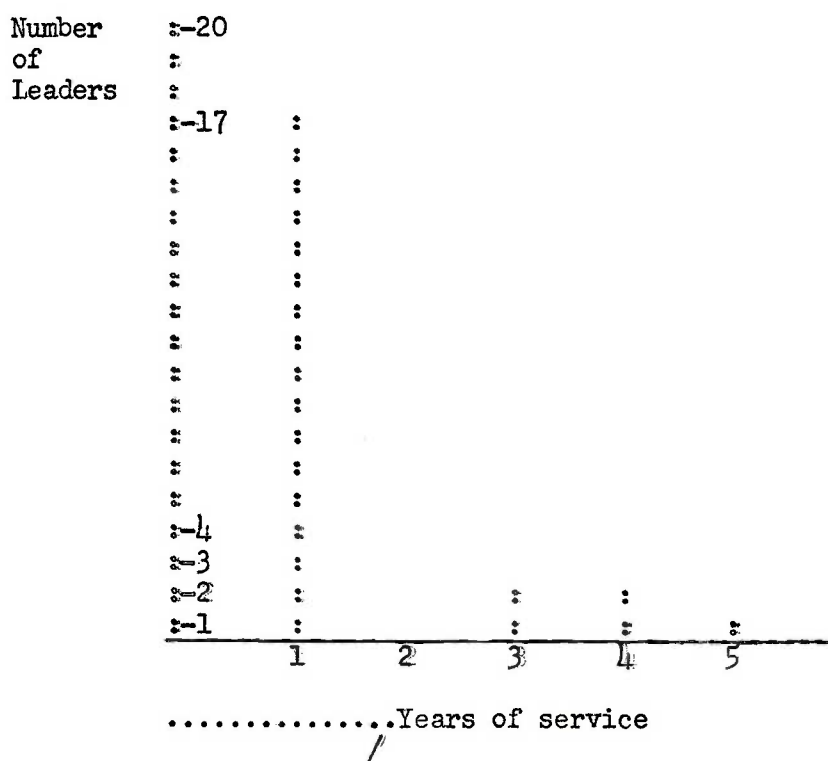
2. Three county-wide leader training schools were held, all for women. A letter to women leaders and the program concerning the school follow this report section. Three smaller group training sessions were held for special training with women, one with men. Both organizational and subject matter assistance and training have been given at training sessions. For the general meetings, members of the state extension staff were called in to do the teaching. Individual assistance is given to leaders throughout the year by the county personnel on both project and organization problems, on an average of once a month. Leaders benefit by and use the training as is shown by their handling of club meetings, and the kind of club work turned out by their club members. Club members with their leaders generally plan their own programs. The county agent or home demonstration agent guides this planning.

One junior leader and the county agent attended the three-day state 4-H leaders' school in Payson. They returned home to put more enthusiasm into their club work, and with the feeling of being better prepared to guide youth in 4-H endeavors.

One three-day school of Recreation for adult and junior 4-H club leaders was held early in December. Ninety-five leaders and extension staff members enrolled from Graham, Greenlee, and Cochise counties. Miss Jane Farwell of the National Recreation Service, teacher, was able to quickly discern the types of games and folk dances which would be most usable by the rural groups represented. All who attended were later given booklets describing the games taught. The fun information learned was passed on also to adult groups. Every 4-H club has been urged to enjoy at least one game and one song at each meeting. Two women who attended the school later served as recreation teachers at the 4-H club officers' training day.

Junior leaders have done more than required by the project. They have practically run the clubs, doing more in each case than adult leaders might. Junior leaders are girls and boys who have come up in the 4-H way, and have the know-how of teaching 4-H aims and practices. They have worked closely with the agents on their leadership projects. Work done by club members led by junior leaders has been outstandingly good.

GRAPH SHOWING YEARS OF LEADERS' SERVICE



COOPERATIVE EXTENSION WORK
IN

AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U. S. Dept. of Agriculture
and Graham County Cooperating

State of Arizona
Safford, Arizona

Agricultural Extension Service
Home Demonstration Work
County Agent Work

May 15, 1950

Dear 4-H Club Leader:

Now that school is closing we will want to reorganize our girls' 4-H clubs for the summer project work. We're glad as many of you as could attended the leaders' subject matter training day.

We must have all enrollments of club members very soon now. Between now and June 1st, would you please meet with your girls, make out the enrollment sheet (copy enclosed) in full, and have the club elect officers. Usually officers chosen are: president, vice president, secretary, reporter, and game leader.

On Friday, June 2, we will have a club officers' training day, to be held in the Safford High School Home Economics department, from 10:30 A.M. to 3:30 P.M. This will provide training and assistance to each officer for her respective job. As leader you will also want to attend. Do come, and see that your club officers all attend. Very soon I will send you a program of the day.

VERY IMPORTANT!!

Please bring to this training day, June 2nd, the enrollment list of your club.

Sincerely yours,

Lois E. Harrison
Lois E. Harrison
Home Demonstration Agent

Enclosure
LEH/lg

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Safford, Arizona

University of Arizona
College of Agriculture
U. S. Dept. of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

May 22, 1950

Dear 4-H Leader:

The Training meeting for 4-H girl club officers and club leaders of which we have talked will be held on FRIDAY, JUNE 2, at the Safford High School Home Economics Department.

Enclosed is a program of the day.

Please bring your club officers - president, vice-president, secretary, reporter, song and game leader, and make the most of this special training day. Please bring the enrollment list of your club.

Club officers and leaders who attended a day of this sort of training last year have continued to enjoy its benefits all year. Do come this year and see that your club officers attend.

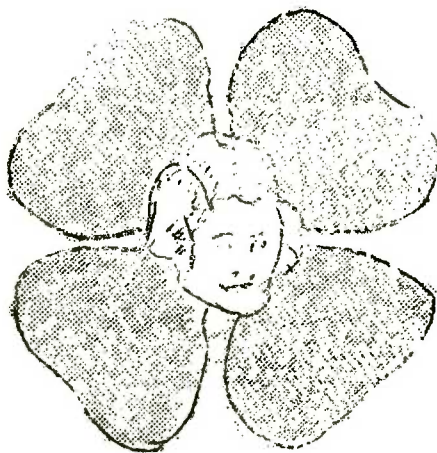
Extension Service is very grateful to you for your interest and cooperation in the 4-H youth program and wants to show appreciation by giving you the best in 4-H leader training.

LEH/lg
Enclosure

Sincerely yours,



Lois E. Harrison
Home Demonstration Agent



PROGRAM

4-H Girls' Officers' Training

For Club Officers

For Club Leaders

SAFFORD HIGH SCHOOL
Home Economics Department

Friday, June 2, 1950

10:30 - 12:00

Registration

Officers' training

Presidents, and Vice Presidents

Mrs. Lois Harrison

Secretaries

Mrs. Ellen Kightlinger

Recreation (game leaders)

Mrs. Loretta Layton

Mrs. Doris Thatcher

Reporters

Mrs. Ruby Stinson

12:00 - 1:00

Picnic Lunch

1:00 - 2:15

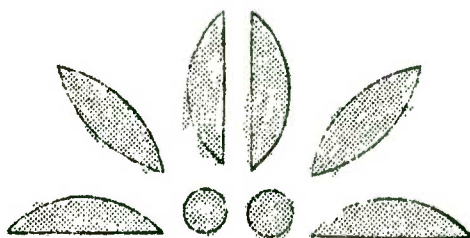
Club program - written plans (each club group and leader)

2:15 - 3:15

Model Meeting (to include demonstration and judging)

3:15 - 3:30

Closing game



Girls' 4-H Summer Work Is Outlined

A training school for all girls' 4-H Club officers was held at the Home Ec building at Safford High School Friday morning, beginning at 10 o'clock, under the supervision of Mrs. Lois Harrison, home demonstration agent for Graham and Greenlee counties.

Presidents and vice-presidents met with Mrs. Harrison; secretaries with Mrs. Kightlinger, and reporters with Mrs. Ruby Stinson. Each group received special instructions for their particular work.

All workers enjoyed a picnic lunch at noon.

Following the noon hour each club met with its local leader and spent an hour in planning its summer work. They were given suggestions by Mrs. Harrison and Mrs. Kightlinger.

A model club meeting was demonstrated by the York club. During this meeting Mrs. Harrison announced summer camp to be held at Mt. Lemmon, near Tucson, in August, and a leader's training course to be held at Camp Geronimo in July.

Two girls from the Artesia Club gave a demonstration on biscuit making.

Mrs. Hattie Shurtz, Central Club leader, conducted a clothing judging project with girls from York and Central Clubs participating.

Following the model meeting a half hour of recreation concluded the day's activities.

F. Local 4-H Club Programs

Community achievement days were held for girls' clubs instead of a county-wide affair. In this way parents and friends in seven communities were better able to attend and see what their girls had accomplished. Homemaker clubs and PTA groups served as hostesses in the various towns. It seemed to be a good way of getting town cooperation. Club leaders, club members, and parents felt a much greater responsibility and sense of service by having these separate events. Judges for the achievement contests were procured from local women. They were trained in judging by the Home Demonstration Agent.

At the achievement days, girls made exhibits of their project work, judged articles representing project work, and gave demonstrations. Winners in judging will be eligible to go to the State Round-up, winners in demonstrations earned the privilege to give their demonstrations at the County Fair later in the fall.

Seven girls' clubs and two boys' clubs have worked by written plans this year. The girls plan for the season, the boys for about three months in advance. Leaders and club members alike have said that club work runs more smoothly, and project work is accomplished more easily.

Both boys' and girls' clubs have regularly planned recreation. Meetings may sometimes be for recreation only. The girls have some song or game included for each meeting. Health and safety have been included as they apply to project work.

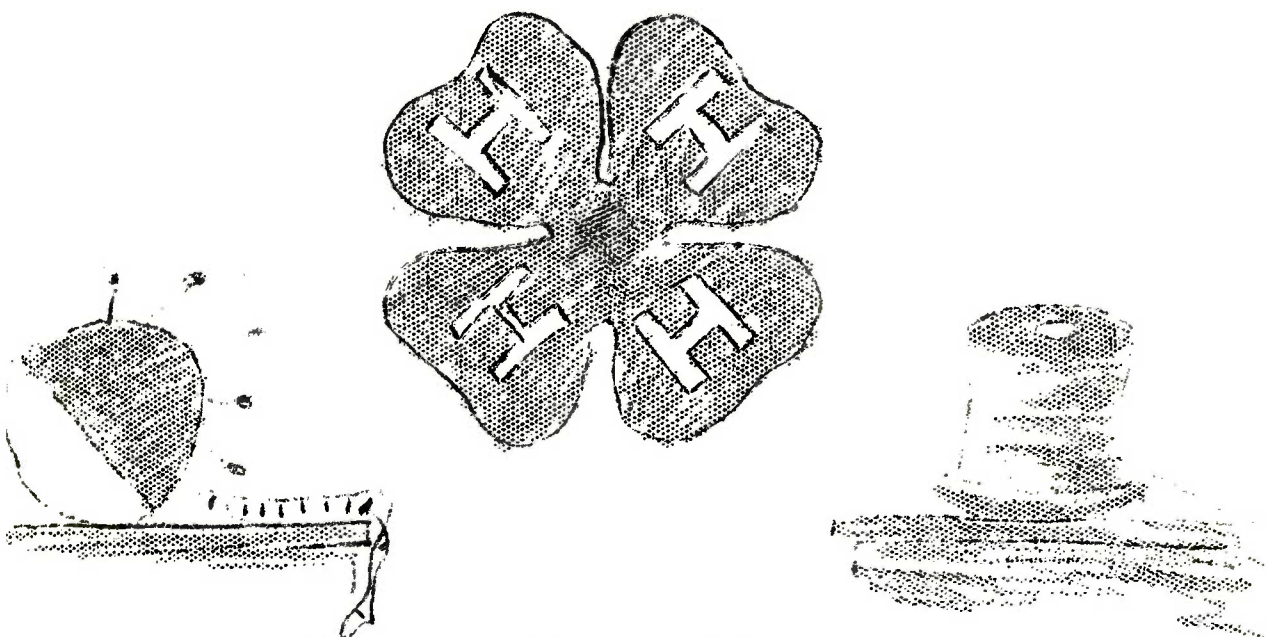
All clubs have judging and demonstrations as part of their regular program. As for the girls, they are expected to enter both activities, all the boys do some judging, but they don't all make demonstrations. Youngsters who take part in these activities like them. A judging contest is quite a thrill to them. A demonstration, when it is simplified down to a "showing how" gives children a sense of importance and achievement, rather than the feeling of putting on a prepared show. Girls who won in demonstrations at their achievement days gave them again at the Graham County Fair. To realize that only one in the group of eight possible demonstrations for the fair fell by the wayside is

proof enough that the girls like them. One realizes that they are a very effective way for youngsters to learn because one learns best by doing. When children do something well enough for their parents and friends to say that they learned from the showing-how, that proves that this method in 4-H is effective.

Winning at community achievement contests entitles girls to give their demonstrations at the County Fair event. Winning at the County Fair entitles them to attend State 4-H Roundup. Boys' demonstration and judging teams are trained in the field. Winners who are eligible to attend State 4-H Round-up are selected at a county field day.

As part of the local 4-H program, teaching and cooperation, the weekly radio program of the Extension staff devotes, on an average, one program a month to 4-H activities. 4-H club projects are stressed, club members and leaders participate in the programs. Cooperation of parents and enrollment of youngsters into 4-H clubs are always emphasized. On their return from both State 4-H Round-up and camp, all county boys and girls who had attended spoke over the air.

Following are pictures which show the county 4-H club program in action.



KEEN CLIPPERS ACHIEVEMENT PROGRAM

FRIDAY
AUGUST 18, 1950

Home Economics Room
Ft. Thomas High School

MODEL MEETING - Keen Klipper Club

President - Dorothy Montierth - presiding
Vice-president - Phyllis Ann McEuen - assisting
Secretary - Betty Kay McEuen - recording

SPECIAL FEATURES

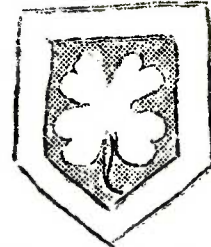
"How to Make a Sewing Box"	Jo Nell McEuen
"How to Make a Pin Cushion"	Elva Echandia
"Judging of Aprons"	Entire club
"4-H Camp"	Sharon Clawson
"Sewing Exhibit"	Made by club girls

CLOSING GAME

4-H ACHIEVEMENT DAY
Safford

Methodist Church Vestry

Tuesday, August 29, 1950, 2:00 P.M.



PATTERN CLUB

PIXIE FIXERS

Opening

Piano solo

Beth Ijams

Demonstrations:

How to Mark a Dress
length for Hemming

Carol Christensen
Janell Nuttall

How to Wash a Sweater
by the Glue Method

Donna Jean Hudson
Arden Gayle Moore

Judging:

1st and 2nd year girls
3rd, 4th, and up

APRONS
DRESSES

Talks:

4-H Camp - Sharon Clawson

4-H State Roundup - Jeanine Stewart

Baton Exhibition

Jayne Christensen

Demonstrations:

How to Press Wool

Carlene Meredith
Leta Rae Godfrey

How to Remove Stains
from Cottons

Carol Jean Perkins
Sharon Clawson

Reading

"Mary Had a Little Lamb"

Carlene Meredith
Leta Rae Godfrey

Demonstration

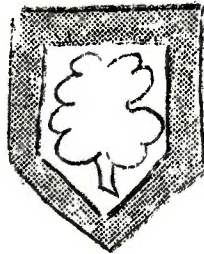
How to Determine
Suitable Colors for
Girls to Wear

Jeanine Stewart
Alyce Jo Evans

Closing

Piano solo

Sharon Clawson



CACTUS COOKING CLUB
Lebanon

ACHIEVEMENT DAY

Homer Jennings' Home

THURSDAY, AUGUST 31, 1950, 2:00 P.M.

MODEL MEETING:

Presiding
Song
Pledge:
Closing Prayer

Clayolla Paxton
L-H Pep Song
Geneva Meredith
Janice Elmer

ACHIEVEMENT EVENTS
Demonstrations:

Presiding

Nina Uptain, Leader

How to Make Fancy Yeast Rolls

Betty Lou Crum
Margarite Paxton

How to Pack Lunches

Amerlia Ruiz

How to Make Baked Custard

Barbara Frazier

How to Make Biscuits

Patsy Sherman
Janelle Bowman

How to Can

Edna Jennings
Nora Jennings

JUDGING

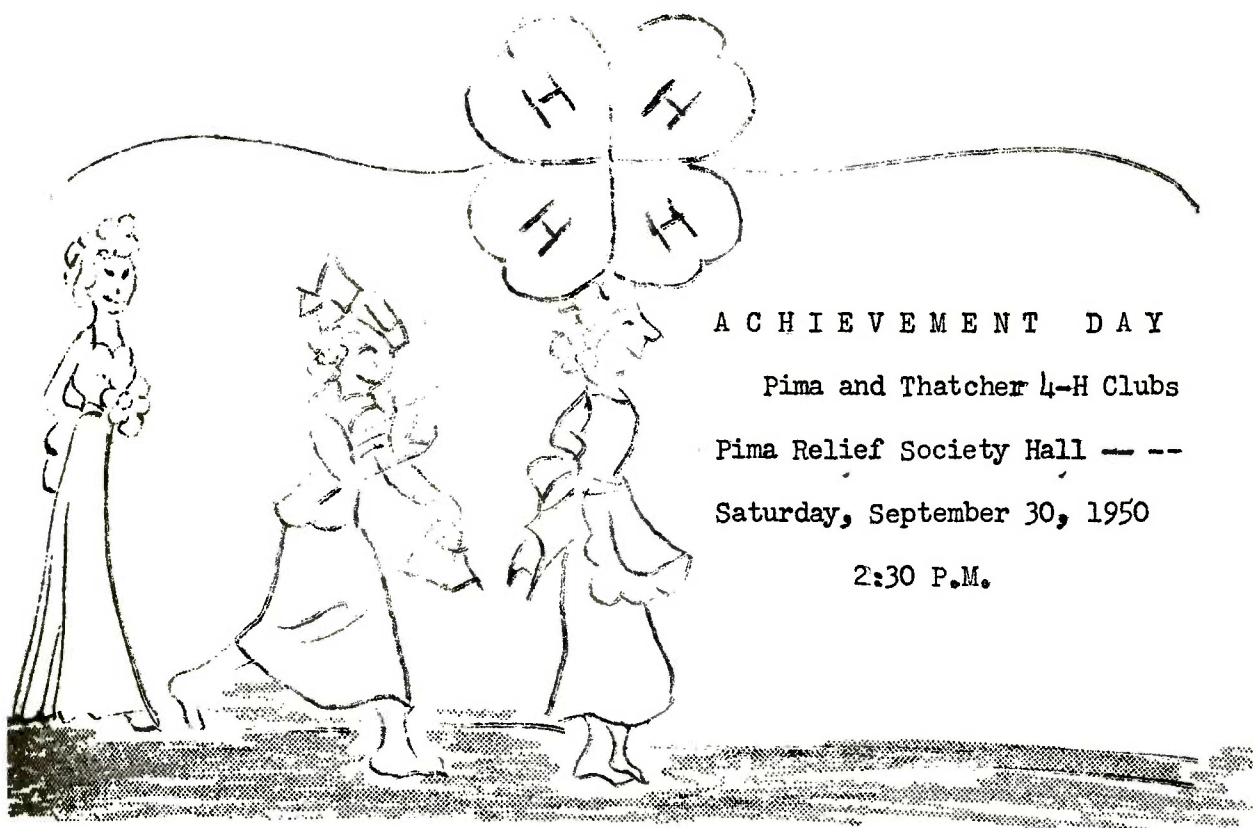
1st and 2nd year - Biscuits
3rd - cakes

EXHIBIT

Prepared foods
(Prizes offered for best biscuit and cake)

RECREATION

Gladys Sherman



ACHIEVEMENT DAY

Pima and Thatcher 4-H Clubs

Pima Relief Society Hall ---

Saturday, September 30, 1950

2:30 P.M.

Mistress of Ceremonies

Bonnie Roseberry

Demonstrations:

"How to Hem a Blouse" Kay Coleman

"How to Hem a Circular Skirt"

Bonnie Roseberry
Trella Taylor

"How to Take Out Grass Stains from Clothing"

Yvonne Sharp
Deanna Phillips

Judging Contest

Slips - 2nd year and up project girls

Aprons - 1st year project girls

"4-H Roundup"

Phyllis Allen

"4-H Camp"

Janet Bryce

Dress Revue. All girls who made dresses

Awards

Adjournment



Mrs. Renna Wheeler and a few of
her Apache Indian girls' 4-H club



Home Demonstration Agent show-
ing Apache Indian 4-H girls how
to make slip straps



Carol Christensen, 4-H girl,
showing a skirt made in club
work



4-H girl Jeanine Stewart
and her mother ready to cut
out a dress



Jeanine Stewart, 4-H girl,
showing a winning dress made
in club work

PATTERN 4-H CLUB SELLING XMAS CARDS

The Pattern 4-H club, held its meeting at the home of Leta Rae Godfrey on August 11 at 9:00. The meeting was called to order by the president, Donna Hudson, the pledge was given by Sharon Clawson and the motto by Carol Jean Perkins.

The business of the meeting was that all the Christmas cards should be sold by the next meeting, which is to be held at the home of the leader, Carol Christensen.

The members that enjoyed the lovely refreshments of frozer punch and cake were: Arden Moore, Donna Hudson, Carol Perkins, Leta Rae Godfrey, Sharon Clawson, Carelene Meredith Beth Ijams and the leader, Carol Christensen.

CENTRAL RIP AND PATCH CLUB MEETS

The Central Rip and Patch 4-H Club met with S. L. Owens, county agricultural agent, Tuesday, Sept. 12, 1950.

The members are Ronald Norton, Mylis Layton, Darl Layton, Ronald Cluff, Wayne Allred, Wayne Fuqua, Norman Norton, Frank Fuqua, Rex Shurtz, Arvin Shiflet, Billy Cluff, Charles Rogers, Bobby Overson and Harvey Smith.

Officers elected were: President, Ronald Norton; vice-president, Myles Layton; secretary, Wayne Allred; reporter, Ronald Cluff.

LEBANON NEWS

The 4-H Round-up in Tucson June 6 to 10, was represented by the following Lebanon girls: Betty Low Crum, Clayola Paxton, Amelia Ruiz, Nellie Perkins, Janice Elmer and was accompanied by their leader Mrs. Nina Uptain.

Winning white ribbons in demonstrations were: Clayola Paxton and for biscuit making, Janice Elmer. Food judging, Betty Low Crum and Amelia Ruiz for the breakfast contest.

Amelia Ruiz was chosen to represent Graham County in the dress review.

Many things were done by the girls which furnished entertainment, such as motor tours, swimming and a banquet on Friday night was highlighted by the awarding of the prizes.

Everyone reports a very enjoyable time and trip.

A family reunion was held on Thursday at the Bert Morris home, honoring their guest Mr. and Mrs. Lee Morris and their three sons from Spanish Fork,

Cactus 4-H Cooking Club Is Instructed

The Cactus 4-H cooking club held its regular weekly meeting at the home of Mrs. Leo Bowman.

A demonstration on how to set a table was given by Janice Elmer, this was the same demonstration she gave at the Tucson round-up. The group will have a swimming party at the park next Thursday at 4:00 p. m.

There were 19 present at the meeting.

Bylas 4-H News

The Apache Girls' 4-H Club held their first meeting at the home of Mrs. Wheeler on February 8 at 7:00 p. m. Following is a list of the members: Eleanor Kitcheyun, Geneva Noline, Roserita Anderson, Dora Dona, Verna Preston, Audrey Jordan, Dorothy Rustin, Ann May Kozie, Abbie Hinton, Cora Nelson, Diana Wesley, Louise Goseyun and Geneva Grant. A council staff was elected: Roserita Anderson, president; Dora Dona, vice-president; Geneva Grant, secretary and treasurer; Louise Goseyun, reporter. Mrs. Wheeler became the club's representative. The meeting was well attended and it was agreed that future meetings are to be held every two weeks beginning Wednesday, February 8, at 7:00 p. m. It was decided that the course would be service for one year. The first project chosen was sewing a slip. Following the business meeting cookies and ice cream were served and games were played.

The Apache Girls' 4-H Club held a Valentine party at the L. D. S. Church Tuesday evening under the supervision of their club leader, Mrs. Renna Wheeler. Each club member brought a guest. Upon the arrival of members and guests, material was distributed to each for the making of valentines. A prize was given for the best one. The balance of the evening was spent playing games. Each club member brought a guest to the party, making a total of 38 present. Refreshments of soda pop and valentine cookies were served.

LEBANON NEWS

Bishop Will Crum was the guest of Mervyn Wallace at the Rotary banquet in Safford on Tuesday.

E. M. York of Miami spent three days last week in Lebanon visiting his mother, Mrs. Addie York, his sister, Mrs. E. A. Sherman, and two brothers.

It was a proud and happy moment for Mrs. Sarah Jennings one day last week when, for the first time, she held in her arms three-week-old Kathy Sanders of Solomonsville. Baby Kathy is her great-granddaughter. It was a memorable occasion for it brought together four generations of one family — Kathy's mother, Mrs. Verle Sanders, and Mrs. Lucy Barney, who is Mrs. Jennings' daughter.

Mr. and Mrs. Rulon Reed of

Central visited at the home of E. A. Sherman on Tuesday evening.

Paul Cole of Morenci visited his mother, Mrs. Phronie Cole, last week.

Mrs. Homer Jennings and Mrs. C. R. Jennings spent one day last week with Mrs. William Sherman in Central.

Mr. and Mrs. Delbert Harris visited in Pima on Sunday at the home of Mr. and Mrs. Ted Harris.

Last Monday there were visitors from Reno, Nev., at the home of Mr. and Mrs. Delbert Harriss. Mrs. Harriss' aunt, Mrs. Ethel Bastain and small daughter came from Reno to Phoenix by plane and drove to Lebanon.

The Bow and Swing Square Dance Club of Lebanon was well represented at the Square Dance Jamboree in Safford last Saturday. The Bow and Swing Club

holds its weekly dances each Tuesday after the Mutual Improvement Association class meetings.

Miss Glodys Sherman, representing the 4-H Club of Lebanon, will be a guest on the agricultural extension program of Station KGLU on Saturday, March 11, at 12:30.

Mrs. Ruth Jarvis and Mrs. Mary Harriss spent Friday with Mrs. Delbert Harriss.

Miss Hope Smith of the Bowie Highway and on Lebanon Hot Wells Ranch, is operating a stationery and greeting card service in her home.

Mr. and Mrs. Sam Angle of Safford visited at the home of his mother, Mrs. Viola Angle, on Sunday.

4-H Comes to Apache Land

Bylas Girls Enter Team in Roundup Demonstration



Mrs. Renna Wheeler, leader, with a group of her Bylas Apache Girls 4-H Club members at a meeting in her home May 18. Left to right, they are: Geneva Grant, secretary; Alvina Moses, too young to be a member but a faithful attendant; Rosarita Anderson, president; Annie Mae Kozie.

It seemed as though we might have gone to the wrong place or maybe got mixed up on our dates. There wasn't the tiniest sign of a light in the house where the Bylas Apache 4-H Girls Club was supposed to be meeting and it was past the hour for the members to assemble. We didn't expect cars, of course, for this was on the edge of the Indian reservation—and few, if any, Apache Indian youngsters of 4-H club age own automobiles. But we did expect some sign of a meeting in progress.

We got the sign, just as soon as they heard Lois Harrison's familiar voice. Lights flashed on and we were invited into the attractive living room in the home of Mrs. Renna Wheeler, leader, to discover that our arrival had interrupted the showing of motion pictures of 4-H activities. The picture that greeted our eyes was one to remember. Apache girls, dressed as modishly as other teen-age girls, in fresh white blouses and circular skirts of varying figured materials or neat cotton dresses, sat on the floor in front of the fireplace at one end of the room so they could see the pictures projected on the opposite wall. Black heads were becomingly coiffed and curled and their interest in the subjects being shown was evident.

So was their confidence in and affection for their attractive young leader, who with her husband has run the Bylas Trading Post on U. S. Highway 70 for the last five years. That, too, was as it should be, for the Apache Girls 4-H Club is the direct outgrowth of the interest of Mrs. Wheeler who has "wanted 4-H for the Apache youngsters for ages," and who, despite the discouragements bound to come up when introducing something new which requires effort on the part of individual members, holds fast to the belief that the Indian girls can and will make outstanding records in 4-H work.

Less than half the club membership of 10 girls was present at Mrs. Wheeler's home that evening at a meeting planned so that Mrs. Harrison, Graham County home demon-

stration agent, could discuss plans for the 4-H Roundup in Tucson and assist the girls who will take part in the team sewing demonstrations there. But those who came made up by their interest and concentration on their work the lack of attendance.

Making a slip, a second-year 4-H sewing project, is the work at hand for the Apache girls, even though this the first year Arizona Indian youth have been a part of the 4-H program. The Bylas 4-H Club was organized just last December, but the girls enrolled have had enough sewing instruction in school to make possible successfully carrying on second year work. Certainly the workmanship in evidence on the garments brought to the meeting was that of which any seamstress could be proud.

So it isn't the workmanship on the garments to be shown at the Roundup that had Rosarita Anderson, president, and Annie Mae Kozie a little nervous. (They are the team which takes part in the sewing demonstrations.) They are, or certainly could be, pretty certain of that. But it's that slippery English language and the fact that never before have they been called upon to talk before a group of people other than their



Annie Mae Kozie and Rosie Anderson, center, who are the first Indian girls to take part in the team sewing demonstrations at the Arizona 4-H Club Roundup, and Geneva Grant, extreme right, watch intently as Lois Harrison, Graham County home demonstration agent, shows the right way to make a slip strap.

schoolmates. Schoolmates, having the same background, can be expected to overlook a lapse in speech. Annie Mae and Rosie aren't so sure about the girls who have had several years in 4-H and a lifetime of familiarity with the English language. And, of course, sewing can't be explained with a friendly flash of dark eyes or an Apache phrase when the right English words won't come.

Yet, remembering their pledge of Heart, Head, Hands and Health, and with encouragement from their leaders, they have found the courage to go ahead and be the first Indian 4-H sewing demonstration team to appear at an Arizona 4-H Roundup.

Bylas Apache Girls 4-H Club is bound to grow, if the interest displayed Alvina Moses is any criterion. Alvina is just 10 and not old enough to belong to the group led by Mrs. Wheeler but her attendance record at meetings could put older girls who are members to shame. Alvina never misses a meeting. Nor does she miss

a thing that goes on at those meetings. When Mrs. Harrison showed the older girls how to put straps on a slip, Alvina drank in every word she said. When she inspected the work already done, Alvina's black eyes took in every seam as she listened to the HDA's comments. Her courteous and intelligent interest in every part of the program made this reporter, at least, visualize in her a potential junior leader for Apache 4-H girls in the years not far ahead.

Irregular attendance of members is one of Mrs. Wheeler's chief worries, although there are a few faithful who do get to most of the meetings. Yet considering that 4-H is entirely new to the Indian girls—their brothers started their livestock clubs a few months earlier—and there are distance and transportation difficulties, natural timidity in contacts outside their own people and a slight language handicap, Bylas Apache Girls 4-H Club is off to a flying start.

—P.B.B.

Jeanine Made It This Year

Father Time Steps in to Make Four-Time County Winner Eligible for Roundup



Mrs. Clifford B. Stewart of Safford looks over the pattern daughter, Jeanine, has laid on the material for the new dress she is making to model in the senior dress revue at the 4-H Roundup at the University of Arizona June 6-10.

JEANINE STEWART won the Graham County 4-H dress revue four times before she was eligible to participate in the revue at the State 4-H Roundup in Tucson. Not because the dresses she made weren't good enough—not on your life! But because, under 4-H rules, she wasn't old enough to participate in the senior dress revue. A girl has to have had three years of sewing and to have been 14 years old before January 1 preceding the Roundup date before she can play with the big girls at the big State get-together.

Something like that can't go on forever. Father Time eventually takes care of the situation. So Jeanine, just turned 15 and the tall, graceful type the late Florenz Ziegfeld used to insist are the real American Beauties,

is among the competitors at the Roundup. She'll be modelling a different dress than the one which won the last county revue. Graham County 4-H fairs are held in the fall and since a 4-H youngster usually changes several measurements between autumn and midsummer, they are permitted to make a new garment to be judged at Tucson.

Jeanine was just ready to cut out the new dress when the women's editor visited her May 18. The pretty material was laid out on the table ready for the pattern, but it's doubtful that it got finished that evening. That was the big night for piano pupils of Mrs. Bruce Moody who were to display their musical ability to their parents and friends at the annual recital. Music probably won over 4-H that evening.

Piano and sewing are just two major interests of the young Safford girl who is just completing her freshman year at Safford High School. Member of a musical family, she belongs to the high school glee club, to the band, to Future Homemakers of America and carries a 4-H home management project. Then, too, her 4-H club takes on much of the responsibility of arranging the 4-H fair each fall.

And she hasn't been exactly inactive in the way of competition while waiting to become old enough to compete at the Roundup. Her winning garments have been exhibited at the Arizona State Fair in 1948 and 1949. Result, at least one blue ribbon and another red.

But Jeanine is at Roundup this year, and Safford folk are watching for results.

Arizona Homemaker

FARMER

isn't worth a line in anybody's 4-H record.

Sounds like quite a schedule — but the half hasn't been told. The 17-year-old Safford miss is a member of the Arizona Assn., Future Homemakers of America, an up-and-coming organization of high school home economics students. As might be suspected, Carol is taking an active part. She was state secretary in 1948-49; was delegate to the State meeting at Tucson and was there elected vice-president of Gila River district which, since there is no president, made her responsible for district activities. This year she is president of her home chapter.

All that would seem enough to fill any teen-ager's time to the full. But Carol's happiness road has musical by-ways — she has played in the Safford High School Band for three years and earned her letters in music thereby, and she goes square-dancing every Wednesday night, when the Youth Square Dance Club meets. Her church gets full attention, too and she has received special honors for perfect attendance in church and church organizations.

Then, believe it if able, came a line in the record book which said, "Youth activities are limited here." So Carol devotes lots of time to helping with the family entertainment. "We have family night twice a month. The entire family from Dad down to the 3-year-old, takes part in the program and games. These nights are the most enjoyable of all."

With that, the women's editor took off for the Christensen home to see if she could find the youthful human dynamo there.

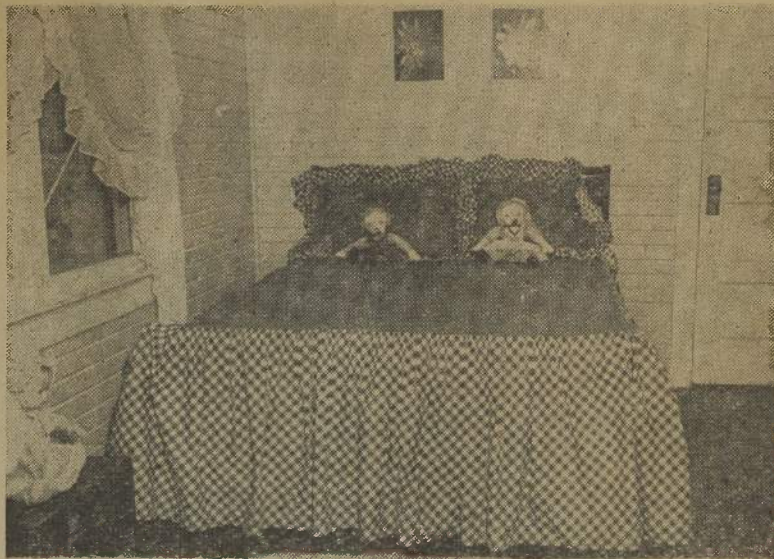
She was, but we were just in time. School had been out about a half hour when we arrived at the large tree-shaded house that is home to Mr. and Mrs. Vic Christensen and their 13 children. (Carol is No. 7, the middle-child position about which child psychologists do so much worrying.) For Carol is a working girl, too, and she was about to leave for the Corner Drug store where she works after school and Sundays. Saturdays, just to keep out of mischief, she works at Karl's Shoe store. Thus she makes her own spending money as well as adds to the amount she has put in the bank from prizes and sale of her livestock. Her hope is that by the time she is ready for college she will have enough to pay her own way. After college—well, why be a homemaker without your own home?

Time for her to be at work was getting close as we talked. Yet she graciously answered a flock of questions, showed us the young sisters' room and displayed the gorgeous skirt of Oriental-design material and blouse with mandarin neckline she was just completing — and then was off on another leg of her journey along her happiness road.

won first in the dress revue. My slip and laundry bag took second prize. I entered another project besides clothing in 1946. I raised a feeder calf, entered it at the county fair and won first. Also took some cooking, entered a cake and some cookies made with sugar substitute from my own original recipe. Won first on all of them.

"During my third year, 1947, I made a dress for myself and a child's dress for my small sister. Both took first prize at Achievement Day. I took two feeder calves and a pig to the fair. The calves won first and second prizes and the pig won third. This was the first year I went to Roundup. Modeled my dress which took first in wash dresses. During canning season, I had bottled fruit, including apricots, peaches, tomatoes and apples. Moth-

Teen-Ager Do With Her Time?



Lucky Jane and Joy Christiansen! Big sister, Carol, took over decoration of their room as her 4-H room improvement project. Here's the way it looked when she finished . . . and the cost, including the new bed and pictures, was \$30. Walls were painted pale pink, ceiling, a little lighter, floor pinkish-tan. Bedspread, shams and vanity skirt, Carol made of deep blue cotton material trimmed with matching check, made slip covers for a chair and cover for the chest at the edge of the picture.

er and I together put up more than 500 quarts of fruit. Won second on all my fruit exhibits. Also took cooking exhibits to fair, including angel food cake, sugarless cookies, divinity, ribbon fudge, popcorn balls. They all took first places. I took two projects in sewing during my fourth year.

"In 1947, I won 5th place on my steer at the livestock show at Tucson. I also sold him while I was there. I had a wonderful time seeing the grand 'show animals.'

"For the 1948 fair, I made black skirt and white blouse on which I won first. I also took first in dress revue. Went to Roundup at Tucson in dress revue and won second on a formal dress. I canned apricots, peaches, apples, chili and strawberry jam and won blues on all. Later that year I put up pineapple and strawberries which I exhibited at county fair in October. These won second at county fair and first at Arizona State Fair.

"This year, 1949-50, I have taken up a new project, room improvement. I fixed my little sisters' room over. It cost me about \$30 to do it. Bought a new bed, made a dresser, painted the

room another color, bought new curtains, made a bedspread and pillow slips. I also put many things in more orderly places. I have enjoyed this work and hope to continue it.

"In 1946 I went to the 4-H Camp at Camp Geronimo near Payson. In 1947 I went back to camp. We danced and met people we had known the previous year. The 1948 camp I shall never forget. Camp is about the main event in my 4-H career. This year camp was at Camp-o-Wood at Oracle. In 1949, because of being a junior leader, I went to leadership camp at Flagstaff.

"In 1947 I went to 4-H Roundup in Tucson. I modeled a washable dress while there and took first place. I also was a member of a senior judging team composed of three girls. We took second place. Then came 1948 Roundup. I entered a wool suit and won third. My mother went as a leader this time. At the 1949 Roundup I entered the dress revue, again with a formal dress which took second place. That year I went as a junior leader.

Chicago Trip

"In 1948, I won a trip to the National 4-H Club Congress in Chicago. Montgomery Ward sponsored my trip there. I won the trip because of my 4-H record. The trip opened my eyes to the great work the 4-H Clubs of America are doing. It made me proud that I was one of the 1500 boys and girls to be able to attend this Congress.

"The past two years I have been a junior leader of the Sew a Stitch 4-H Club. Two years ago I assisted Betty Jo Cook but for the past two years I have had the club alone and have to work much harder. The girls are 11 and 12 years of age. We have our regular meeting every Monday at 4 o'clock. I am very proud of these girls for they took many blue ribbons at the 1948 Graham County Fair. The Sew a Stitch Club is going to be very good this year. We have reorganized and there are many new members. Our first meeting was a party. At the second we elected officers. I have tried to teach the club members to be good citizens and to be good losers as well as good winners."

Those paragraphs from Carol's record book hit only the high spots of her 4-H activities. There is more, all of it representing many hours of work completed. An uncompleted project



The busy young Safford miss makes most of her own clothes in addition to her other activities. She had just completed the attractive figured skirt (and a mandarin-neck blouse of plain material to go with it) which she displays here.

G. 4-H Activities

1. County

The Graham County Fair sponsored exhibits and events for 4-H club members. This arrangement took the place of a separate 4-H fair, and was better presented to the general public.

One afternoon of fair time was given to the demonstrations done by 4-H girls. Cooking and sewing were both presented. The 4-H show was given at the entrance to the exhibit hall. It was in an advantageous location. It was interesting to note that there were many fathers in the group of onlookers. Prizes were awarded as well as ribbons. A dress revue and the presenting of pins and awards rounded out the 4-H presentation. Winners of nationally sponsored county contests were announced and given appropriate awards. All articles of project work were exhibited at the county fair, and given two sets of ribbons - first according to the Danish system and 4-H ribbons - second according to the county fair judging of three places. County Fair first place articles were given money awards this year for the first time. County fair proved to be the best possible event yet tried for getting across to the general public the efforts and accomplishments of 4-H girls' work. Pictures of events follow this report section.

Ten boys' livestock entries were made in the county fair. All the entries shown were registered animals, and registration papers were on hand. The entries were practically all of very good quality. The boys took care of their livestock which included grooming and showmanship, as well as feeding and watering. Participation in the county fair takes the place of previously held 4-H Junior Livestock Shows. Pins were given to the boys at various community meetings.

It is planned that a leader banquet will be held in December at which time leader recognition will be made.

Four girls, two boys, and the home demonstration agent attended sectional summer camp at Mt. Lemmon. One boy participated especially in the religious services and the candle-lighting services. The girls gave the winning camp stunt. As a county group they raised and lowered the flag one day. Boys and girls financed their own camp vacation, including the cost of transportation. The home demonstration agent served as Camp Girls' Advisor, instructor of "As Others See You", and organizer of kitchen police.

Some clubs arranged separate camping, hiking, or swimming parties which took care of recreation. Since Graham Mountain is close by, clubs make use of its recreational advantages.

In November a 4-H Style Show was given as a county event. This Fashion Show was put on by a teen-age dress designer of Simplicity Pattern Company. Through the local 4-H program the event was sponsored and handled. The attendance was estimated at 550 persons -- all of Safford and Ft. Thomas high school girls, home economics students from all other valley schools, mothers of teen-agers, and other interested homemakers. The show was considered most worthwhile and engendered a good feeling toward 4-H work.

Following this report section are pictures and news articles which depict county 4-H activities.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Safford, Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Agent
County Agent Work

September 26, 1950

Dear 4-H Club Leader or Member:

In closing our club year we must do these things:

1. Club members turn in Record Books to leaders in time so that leaders may get them to me by OCTOBER 4th.
2. Each sewing club member enter into County Fair all articles made in club this year.

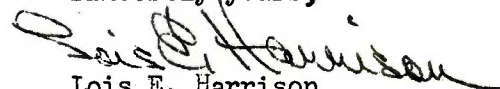
Each cooking club member enter at least one (more than one desirable) prepared food into County Fair.

Leaders may collect articles and take them to Fair Grounds (For Graham County - OCTOBER 4 ---For Greenlee County OCTOBER 12.)

Enclosed is a list of events for 4-H girls which will take place at the County Fair. Be sure to be on hand for your part in the program or to receive your pin.

To receive a year pin, each club member must have completed the required project articles, completed and turned in a Record Book, and entered articles in the County Fair.

Sincerely yours,


Lois E. Harrison
Home Demonstration Agent

Enclosure
LEH/lg

GRAHAM COUNTY FAIR

4-H PROGRAM

Saturday, October 7, 1950

1:30 P.M. DEMONSTRATIONS

How to Mark a Dress Length for Hemming	- Carol Christensen Janell Nuttall
How to Wash a Sweater by the Glue Method	- Donna Jean Hudson Arden Moore
How to Put in a Zipper	- Alyce Jo Evans
How to Remove Stains from Cotton Cloth	- Sharon Clawson Carol Jean Perkins
How to Pack a Lunch Box	- Ameila Ruiz

(not necessarily in this order)

Central, Thatcher and Pima Club demonstrations to be added

3:00 P.M. DRESS REVUE

Awards Program

Pins for Club Leaders
Pins for Club Members
Ribbons



Jeanine Stewart demonstrating "How to Clean Metals" at Safford 4-H Achievement Day - 1950

Fancy Fair at Safford

Could Have Been Bigger but Hardly Could Have Been Better in Field Crops, Vegetables, Livestock

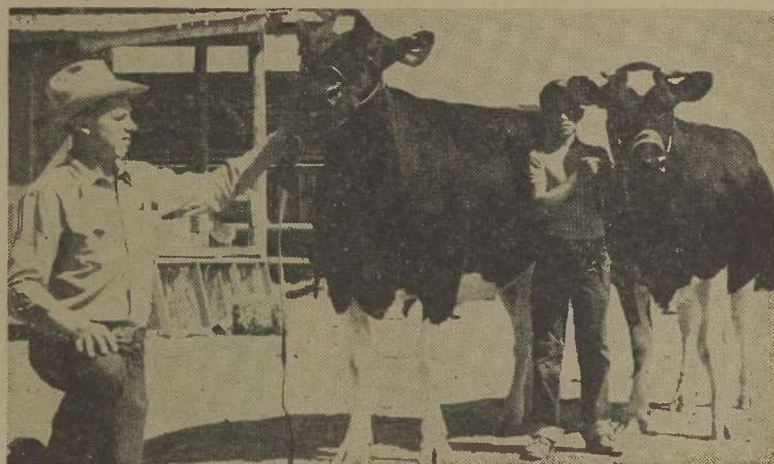


No wonder Lois Harrison, county home demonstration agent, was feeling so satisfied with the world. The cookery and needlework exhibits of 4-H girls, at the Graham County Fair, more than deserved all the lavish compliments bestowed on them. These girls are Arden Moore, Dama Jean Hudson and Alberta Shurtz, all prize winners in the dress contest.

It was a miserable flop of a fair. That magnificent liar, Supt. Mark Bliss, met the horsenettle editor at the front gate with the doleful news. The h.e. might as well turn around and go home, Mark said. He had fallen down on his job and the Graham County Fair wasn't at all what it ought to be. What he meant was that it wasn't half what it could have been if every farmer in the county had dropped his cotton picking and his other pressing

farther, a dream of a flower show, some extra-fine cattle and hogs, some pretty fair poultry, an extraordinary assortment of cookery and sewing by 4-H club girls, and a whole lot more. He would have missed meeting Russ Layton, GI on-farm trainee who got the prize for having the best and most complete field crops exhibit.

Russ is just one of 35 veterans who are getting their training, on the farm and in the classroom, under direction



Carl Morris's boys, Gordon (l.) and Dan (r.) posed Creditvale Gay Lass and Beverly Lane Dinah for the photographer at the Graham County Fair. First and second in the one-year-old-and-under-two class, they were among the very best Holsteins there. Both will be seen at the State Fair in Phoenix.

chores long enough to bring in a few entries. They won't all do that on the upper Gila—not in October! But enough will participate to make it a perfect gem of a show, not marked by volume of display but truly representative of one of the prettiest, peacefulest, prosperousest farm areas.

If the horsenettle editor had taken Mark at his mendacious word, he would have missed a corking fine cotton exhibit, an apiary display to make the eyes bug out and the mouth water, a Future Farmer booth that ought to go to the State Fair and then still

of Benner Hall. There are several who are just as successful as Russ, who says he can't figure how he gets along at all since he was handicapped by a start in life as a cowpuncher. Since winning the war he has switched from the saddle to the shovel, runs a 70-acre place of his own and rents several more.

Russ was quite a contributor to that collection of cotton bolls and lint that stopped every cotton grower and ginner in his tracks. Even Mark Bliss admitted that that feature of the fair was "passable." That was pretty

much of a GI trainee show. Arnold Skinner got first on his bolls of 1517 Acala, the standard upland variety in that area. Gene Howard was first on Santan Acala bolls; Carlos Garcia, second; Russ Layton, third. When it came to long-staple bolls, Garcia was first; Ramon Granillo, second; Harry Pollock, third. It would be a great idea if all that cotton, plus a bale or two, could be shown at the State Fair.

Nobody ever accused Gila Valley of being a vegetable district, but it can sure grow beautiful garden truck. Especially tomatoes and peppers! That's clear out of the Arizona Chili Belt, yet there were eight kinds of peppers. Believe it if able, but that's a fact. Most of them were grown by George E. Morris and his dad, Albert.

That same Morris pair was mainly responsible for the apiary section, where they got all the prizes. Clarence Benson ought to have seen it. Of course it didn't compare with the State Fair Apiary Dept., yet it was complete from live bees to honey ready for the table in every edible form. This was a good honey year on the Gila, and the proof of it was there at the fair.

The official award list, issued later, stated that the Fort Thomas Future Farmers got first on their chapter display. They had to, unfortunately. Just why they had no competition from Safford, Thatcher and Pima is one of those mysteries that pass understanding. At that, any competitor would have had to go some to win. The one-and-winning booth was unusually attractive and complete, built around the theme of soil fertility and crop variety.

Barnyard Beauties

It has to be admitted that Graham County is under a handicap in trying to put together a livestock show, for its purebred beef and dairy herds are far from numerous. Yet one is tempted to resort to the old cliché: "What they lacked in numbers they made up in quality." To a large extent, that was true. Frank Skinner's champion Holstein bull, two of Carl Morris's fancy Holstein heifers, several of Carl L. Green's Jerseys, will certainly be in the running if they're brought to the State Fair.

Beef animals were even scarcer than the dairy stock, but there was a little Angus heifer worth going a long way to admire. She came quite a long way, too—from Duncan. Calvin Sanders, a 4-H boy, brought her, but he didn't enter her in the 4-H division. He showed her in the open class, and took first money for having the best beef critter in the whole show. She'd be the best in almost any show.

Yes, there was quite a bit to be seen at the Graham County Fair. Here's hoping that Mark Bliss has his morale back by this time. He didn't do so bad, nor did any of the department superintendents and their helpers. If their achievements fell short, it was short only of their own ambitious aspirations.

Former 4-H Club Member Directs Show

Miss Ada May Marshall, 4-H Club Stylist for the Simplicity Pattern Company is the ideal person for the job! She was a 4-H Club member herself, and to add to her distinction, she was also an alternate New York State winner in the annual National Dress Revue Award.

Miss Marshall received her B. S. Degree from the College of Home Economics as a major in



ADA MAY MARSHALL

Merchandising and Fashion Design at Syracuse University.

With this background, she brings to her job a first hand knowledge of 4-H Club girls and her educational training well qualifies her to advise them on their clothing and sewing problems.

That's why the lovely clothes she has selected for the fashion show for fall, 1950 titled, "Fashion Cands for the 4-H Club Modern Miss," are just the kind that every 4-H Club member will want to make for herself.

The fashion show consists of sixteen garments, styled for girls aged ten to twenty-one, and includes outfits for school, sportswear, dates and formal parties. Local girls will be selected to model the garments when Miss Marshall presents the fashion show on Wednesday, November 8th, at 1:30 p. m. in the Morenci high school auditorium. And, on Thursday, Nov. 9 at 10:30 a. m. in the Safford high school auditorium.

All mothers of teen age girls are especially invited to this fashion show. All homemakers who would like to see these patterns and styles are invited.

Miss Marshall will stress posture and grooming as part of her fashion advice.

This style show is sponsored by the Agricultural Extension Service and 4-H club work. Mrs. Lois E. Harrison, local home demonstration agent, is in charge.

G. 4-H Activities (Continued)

2. State

Twenty-one boys, fifteen girls and the county staff attended the State 4-H Round-up. 4-H teams took part in judging and demonstration events. One girl entered the state dress revue. Pictures of the dress revue entrant follow this report section. All participants in the various contests came home with either blue or red ribbons. A letter concerning Round-up and pictures of girl participants follow this report section.

Some clubs - boys or girls - earned money which was given to members attending Round-up to help defray expenses. Since youngsters earn the right to go to the State event, it seems fitting that they be helped on the expense.

The State Fair being 180 miles distant, it is too far to send livestock exhibits of 4-H club members. Because boys are in school, they could not readily be away from home to tend their stock. From among the girls' entries to the county fair, forty-four were sent to the State Fair. It was not considered advisable to take a girls' judging team to State Fair.

The 4-H Leaders' School held in Payson was a gratifying success. More than the two who attended from Graham County would have gone if they had been able to leave their families. Those who did go have formed a nucleus from which other leaders may gain information and assistance.

4-H LEADERSHIP BENEFICIAL TO GRAHAM COUNTY 4-H PROGRAM

The leaders who were able to go with Graham county 4-H boys and girls to the recent State 4-H Roundup in Tucson were a great help to the 4-H program of contests and recreation. Both Mrs. Harrison, the county home demonstration agent, and the state office of 4-H appreciated the assistance of Mrs. Renna Wheeler, girls' leader of the Bylas club, and Mrs. Nina Uptain leader of the Lebanon club. These two leaders will continue with their clubs for the coming year as shown in the following schedule:

GRAHAM COUNTY CLUBS:

Bylas, Mrs. Rena Wheeler, sewing club.

Lebanon, Mrs. Uptain, cooking club with Gladys Sherman serving under her as a junior leader.

Central, Mrs. Hattie Shurtz, sewing club.

Eden, Mrs. Lois Kempton and Mrs. Lue McEuen, sewing club.

Safford, Mrs. Harvey Evans and Mrs. Clifford Stewart, sewing

and room improvement, Mrs. Vic Christensen with Carol Christensen as junior leader, sewing club. Mrs. Helen Samuel and Mrs. Thelma Daringer will lead a cooking club.

Ft. Thomas, Mrs. Blanche Traw and Mrs. Grace Boyd, sewing club.

Thatcher, Mrs. Bertha Green, Miss Freda Moody, and Mrs. Eleanor Claridge, sewing clubs.

Pima, Mrs. Martha Phillips and Mrs. Fern Alders, sewing club and Mrs. James McBride and Mrs. Tommy Rasmussen, sewing club.

GREENLEE COUNTY CLUBS:

Duncan, Mrs. Sue Davis and Donna Lunt as junior leader, sewing and food preparation.

Franklin, Shirley Bourgeois and Jean Shipman, sewing club.

York, Mrs. Mattie Foote, Mrs. M. Brubaker, and Elaine Brubaker as junior leader for a cooking club.

The summer program for 4-H

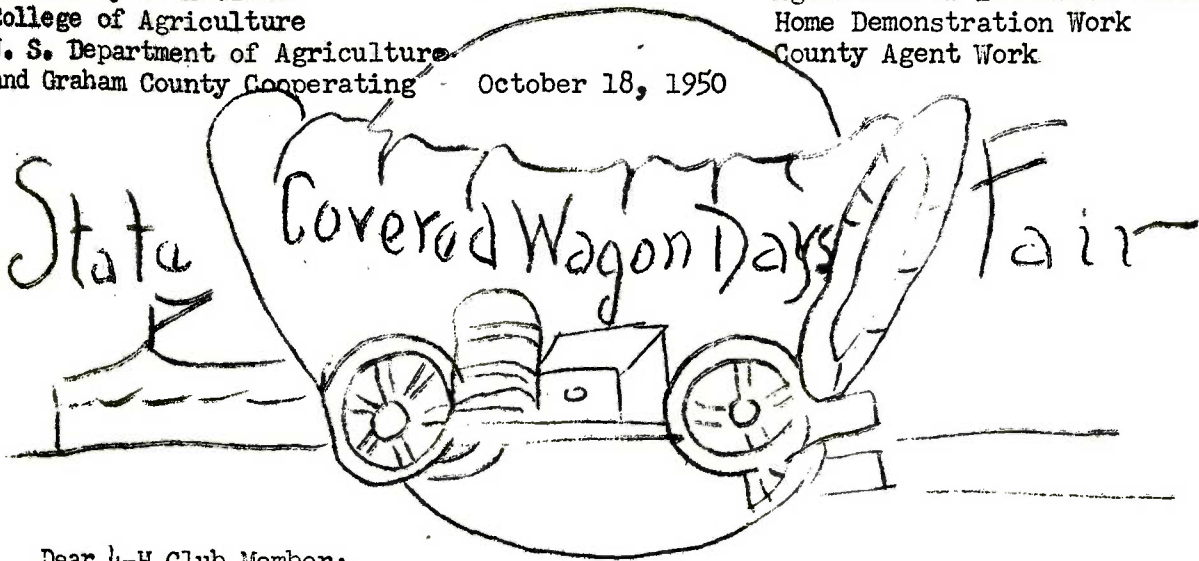
girls' clubs is well under way under the direction of Mrs. Lois Harrison, local home demonstration agent, and plans are being laid for some of the girls to enter national contests later in the season. Also, girls are making their plans to go to the 4-H summer camp near Tucson in August. Graham county will have a full 4-H program this season.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Safford, Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 18, 1950



Dear 4-H Club Member: _____

Congratulations on your top winnings at the County Fair!!

We are making entries to the STATE FAIR for your:

If you do not have these articles at home, then I kept them from the County Fair, and they are ready to send. If you have any of the sewing articles, please bring them to the county office by Monday, October 30th. They must be CLEAN AND PRESSED. You may bring baked foods to the county office on Monday, October 30th. That date is your last chance to compete in STATE FAIR.

You may enter any other articles you wish, but we must send your entry sheet to the State Fair by MONDAY, October 23rd. So - let me know before then any other articles you wish to enter.

Sincerely yours,

Lois E. Harrison

Lois E. Harrison
Home Demonstration Agent

LEH:lg

G. 4-H Activities (Continued)

3. National

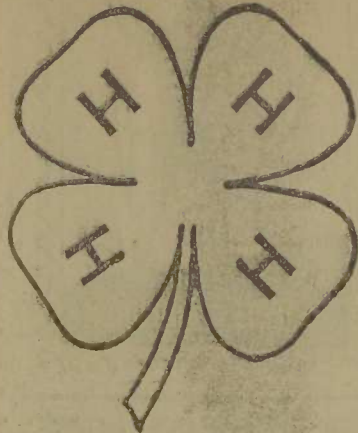
Through national 4-H club work the home demonstration agent ordered for many groups in the county kits of supplies for making United Nations flags. The agent made one which was flown at the county court house for United Nations Week. Others are being given to schools and the local Chamber of Commerce.

Letters were sent to all club leaders stressing programs for Rural Life Sunday. News articles and the radio program of that week gave tribute to 4-H club work.

During National 4-H Club Week, practically all clubs held special meetings - special in that they gave some observance to the celebration. The local newspaper printed a 4-H section, giving club news, objectives of 4-H club work, recognition to leaders, cooperation of parents.

3/10/50

DOES YOUR TOWN HAVE A 4-H CLUB?



Four-H Clubs for boys and girls are organized in seven communities of the county. Lebanon has an outstanding girls' club of 17 members. The girls are mighty proud of their club because four or five of its members have already won local contests which allow them to go to the State 4-H Roundup. Boys in the community have followed the pattern and now have their own club. Safford and Thatcher have several clubs, but need still more club leaders. Central and Pima are the home towns of the "Rip 'n' Patch" Club, the "Merry Muffin" Club. Eden has two new clubs—one for boys, one for girls. There Lamar and Lois Kempton are serving as leaders. Indian boys and girls are raising fat calves and sewing fine seams.

If your community doesn't sponsor a 4-H Club, here are some ways you could help toward providing for club work—

1. Become better acquainted with club work by contacting your county extension staff.
2. Get your organization to become familiar with 4-H Club work. Let club people present programs to your group.
3. Get your organization to sponsor a 4-H Club.
4. Encourage other groups and individuals to support club work.
5. Act as a 4-H Club leader.

H. Outlook and Recommendations

It would look as though men leaders will continue to be hard to procure because men who earn their livelihood by farming have little time to devote to the cause of 4-H. Because the program for training leaders is growing constantly, it is expected that it will be easier to find women who will serve. Several young mothers have become interested in the past year, and it is expected that they will continue to serve. If a group of experienced leaders can be kept together, the caliber of club work will improve. Junior leaders are giving club work a new appeal to little girls and boys.

Within the coming year it is planned that a 4-H Council will be established. Considerations have been made as to what persons should be included in this council. The Homemakers' Council has already elected two members to the projected 4-H Council. If a body of adult advisors and backers can be formed, 4-H work is bound to grow in the several communities.

The agricultural agent and the home demonstration agent plan to organize joint boys' and girls' clubs in the various communities which will meet as one club for the winter months. It is difficult for livestock, sewing, and cooking clubs to meet together for project work. But for recreational purposes these joint clubs are hoped to be successful. Present individual club leaders will, no doubt, serve as project leaders for the active work sessions. Club meeting and project work plans will be made with these persons and their project club committees. Local and state-wide leader training are planned for the coming year. In the coming year, one day will be devoted to leader training on a county-wide basis, one to the training of club officers. Group work will be done with leaders from time to time.

Community achievement days and participation in county fair are again planned for next year. Graham 4-H-er's will attend State Round-up and possibly State Fair. If sectional camps are held in the coming year, it is hoped that some club members will be able to attend each. The county staff hopes that more leaders will attend state training school next year.

Putting the accent of club work in the community this year has made for greater parent interest. The homemakers' clubs have set aside the month of August in their 1951 program for 4-H recognition. This is a firm step toward greater local interest. If a 4-H council is established, composed of backers from different sections of the county, cooperation on the part of all communities will be greater.